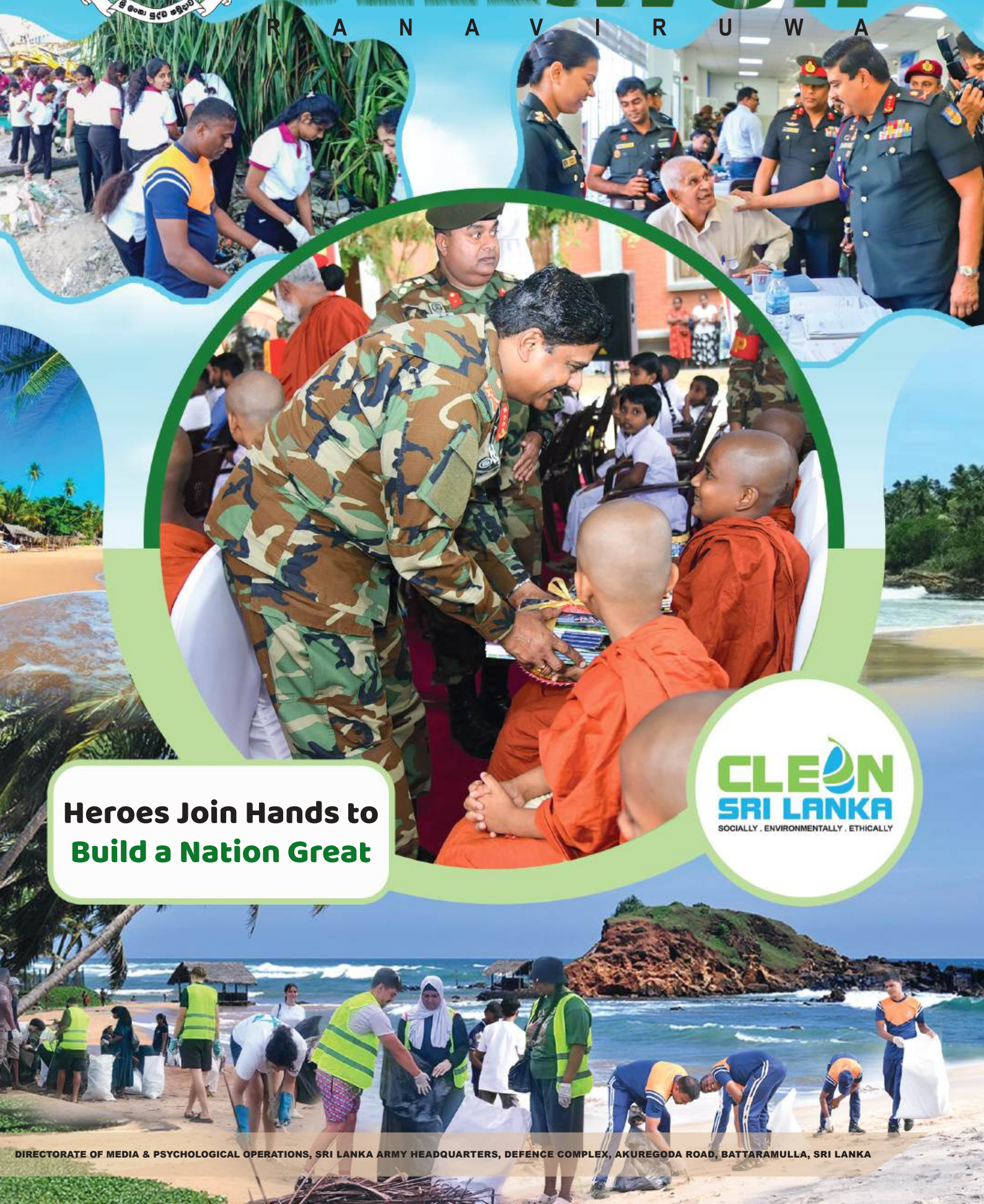


JULY 2025 52nd Issue



BELLATOR

R A N A V I R U W A



**Heroes Join Hands to
Build a Nation Great**

CLEAN
SRI LANKA
SOCIALLY . ENVIRONMENTALLY . ETHICALLY

Chief of the General Staff of Pakistan Army Visits Sri Lanka Army Headquarters



Lieutenant General Syed Aamer Raza, Chief of the General Staff (CGS) of the Pakistan Army, accompanied by a high-level military delegation, visited the Army Headquarters on 22 July 2025.

Major General K T P De Silva RSP ndu psc, the Adjutant General of the Sri Lanka Army warmly welcomed the delegation according a ceremonial Guard of Honour. Following the military honours, the Chief of the General Staff was warmly welcomed by Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, Commander of the Sri Lanka Army. The Commander of the Army further introduced the Principal Staff Officers to the dignitary and invited him to join an official group photograph, which was followed by a cordial discussion.

The visit culminated with the exchange of mementos between the two senior military Officers, symbolising the goodwill and mutual respect between the two armies.



Commander of the Army Pays Official Visit to Air Force Headquarters

Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, the Commander of the Army, paid an official visit to Sri Lanka Air Force (SLAF) Headquarters, and called on Air Marshal Bandu Edirisinghe WWV, RWP, RSP and three Bars, USP, fndu(China), psc, qhi, the Commander of the Air Force, on 04 July 2025 at Air Force Headquarters, Sri Jayewardenepura.

Upon his arrival, the Commander of the Army was received by the Commanding Officer of SLAF Station Sri Jayewardenepura, Air Commodore Buddika Piyasiri and was honoured with a Guard of Honour presented by the SLAF Colour Wing.

During the visit, the Commander of the Army engaged in discussions of mutual interest with the Commander of the SLAF. To commemorate the occasion, official plaques were exchanged between the two commanders.

The Chief of Staff, Deputy Chief of Staff and members of the Air Force Board of Management also attended the event.



Commander of the Army Pays Official Visit to Navy Headquarters

Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, the Commander of the Army, made an official visit to Navy Headquarters and met Vice Admiral Kanchana Banagoda RSP, USP, ndc, psc, ghi, the Commander of the Navy on 08 July 2025.

The Commander of the Army was warmly welcomed with a Guard of Honour in accordance with naval traditions. Subsequently, the Commander of the Navy introduced the Navy's senior leadership, including the Chief of Staff and members of the Board of Management, to the Commander of the Army. The two service Commanders thereafter engaged in a comprehensive and constructive dialogue, focusing on operational cooperation and shared security objectives, particularly emphasising the significant contributions of both the Army and Navy to the nation's security framework.



Commander of the Army Visits Security Force Headquarters (East)

Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, the Commander of the Army, paid an official visit to the Security Force Headquarters (East) on 19 and 20 July 2025.

The Commander of the Army visited the Security Force Headquarters (East) at the invitation of Major General P K W W M J S B W Pallekumbura RWP RSP ndu psc, Commander, Security Forces (East) and met the General Officers Commanding of the 22, 23 and 24 Infantry Divisions, the Commanding Officers of the 7th Regiment of the Military Intelligence Corps (7 MIC) and the 3 (V) MIC and inquired on their operational readiness.

Following the briefings, the Commander of the Army joined All Ranks for tea at the camp gymnasium and shared his views with Officers and troops in a casual setting. He then visited the historic Thoppigala area, formerly known as Baron's Cap, where he paid floral tribute at the War Heroes' Monument, honouring the sacrifices of fallen War Heroes while taking time to inspect the surrounding location.

Afterward, the Commander of the Army visited the house of a needy family which was vested in them on 29 June 2025 in Punani area by the 7th Battalion of the Gemunu Watch and inspected its current condition.

Further, the Commander of the Army visited the Dimbulagala Forest Monastery, a site of historical and religious significance and met Most Venerable Dimbulagala Rahulalankara Nayaka Thero, the Chief Incumbent of the Dimbulagala Forest Monastery, Prof. Jayantha Lal Ratnasekera, Governor of the Eastern Province and Bishop Christian Noel Emmanuel, Bishop of Trincomalee Diocese. The event concluded with the visit to Headquarters of the 22 Infantry Division and 2 (V) Battalion of the Gajaba Regiment at Trincomalee.





'Finger Swift 2025'

Launches at Army Headquarters

'Finger Swift 2025', organised by the Directorate of Information Technology, was held on 16 July 2025 at the Army Headquarters under the gracious participation of Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, Commander of the Army.

This platform was designed to showcase the breadth and depth of innovative IT software development solutions and diverse IT applications, conceived and meticulously developed by the dedicated Officers of the Directorate of Information Technology of the Sri Lanka Army. Three newly-designed IT applications, namely the 'Ration Demand Management System', 'the Annual Confidential Report Management System' and 'the Medal Grant Information Management System', were unveiled by the Commander of the Army through a series of informative video clips. Afterwards, a cyber-security demonstration was conducted by the 12th Regiment of Sri Lanka Signal Corps, highlighting potential threats in the cyber domain.



Subsequently, the Commander of the Army handed over project completion certificates completed by the Directorate of Information Technology to the Military Secretary of the Military Secretary's Branch and Directors of the Directorate of Personnel Administration and Recruiting and Directorate of Supply and Transport to facilitate the operational use of the newly developed software systems. This was followed by the awarding of certificates to the IT professionals who contributed to the development of the systems.

Major General D K S K Dolage USP nps psc, Chief of Staff of the Army, Major General G L S W Liyanage USP nps psc, Chief Signal Officer and Colonel Commandant of the Sri Lanka Signal Corps, Brigadier S J K D Jayawardena USP psc, Director of the Directorate of IT, along with Senior Officers and Officers also attended the programme.



Commander of the Army Presents Copra for Dalada Perahera Illuminations



In keeping with the revered annual tradition, the Sri Lanka Army, donated dried coconuts (copra) to support the illuminations of the historic Esala Perahera held by the Sri Dalada Maligawa (Temple of the Sacred Tooth Relic) in Kandy on 17 July 2025.

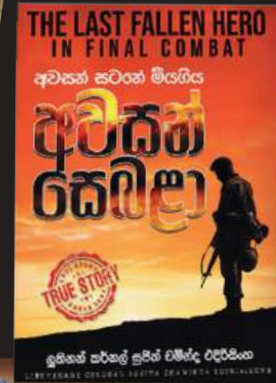
Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, Commander of the Army, graced the event as the Chief Guest at the invitation of Major General K A W N H Bandaranayake USP, Commander, Security Forces (Central) and Colonel of the Regiment, Vijayabahu Infantry Regiment. The initiative, launched primarily by the Vijayabahu Infantry Regiment, highlights the Army's commitment to preserving Sri Lanka's rich religious and cultural heritage.

For the 12th consecutive year, the Sri Lanka Army donated six tons of dried coconuts (copra) to 'Sri Dalada Maligawa'. In a solemn procession, troops carried Buddhist flags and flower trays, respectfully delivering the copra stock to the temple. The ceremonial handover was held in the inner chamber of the Maligawa, symbolising the Army's continued spiritual contribution to the annual Esala Perahera festivities. Officers and Other Ranks of the Army were present at the event.



"The Last Fallen Hero in Final Combat" is released bringing 44 years of history to the present.

"The Last Fallen Hero in Final Combat" Released



The book launch ceremony for 'Awasan Satane Awasan Sebala' (The Last Fallen Hero in Final Combat), authored by Lieutenant Colonel E A A Sujith Chaminda was held at the Army Headquarters on 08 July 2025 with the gracious participation of Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, the Commander of the Army.

The Chief of Staff, Deputy Chief of Staff, Commandant of the Sri Lanka Army Volunteer Force, Senior Officers, retired Officers, Officers, Other Ranks and family members of War Heroes were present at the occasion.

Following the screening of an insightful video showcasing the author's works, a new video depicting his two-year research endeavour inspired by the book was played. Subsequently, the author presented a maiden copy of his book to the Commander of the Army. Copies of the book were then distributed among a selected audience, comprising serving and retired Officers, individuals featured in the narrative and their family members.





Ambassador of France to Sri Lanka Meets Commander of the Army

Ambassador of France to Sri Lanka, His Excellency Mr. Rémi Lambert, along with Colonel Emmanuel PELTRIAUX, Defence Attaché, based in New Delhi, met with Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, the Commander of the Army at Army Headquarters on 30 July 2025.

Newly-Promoted Major General Receives the Symbol of Authority

Newly promoted Major General A M R Abeysinghe ndc of the Sri Lanka Corps of Military Police, met Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, the Commander of the Army, during a formal courtesy call held on 08 July 2025 at the Army Headquarters. During the occasion, Major General A M R Abeysinghe ndc, received the symbol of authority and greetings from Commander of the Army.



Assistant Defence Adviser, High Commission of India to Sri Lanka Pays Courtesy Call on Chief of Staff

Lieutenant Colonel Mandeep Singh Negi, SM, the Assistant Defence Adviser at the High Commission of India in Sri Lanka, paid courtesy call on Major General D K S K Dolage USP nps psc, Chief of Staff, at the Office of the Chief of Staff on 17 July 2025 and engaged in the discussion on military matters mutually important for both countries.

Major General Y A B M Yahampath RWP RSP ndu psc, the Deputy Chief of Staff of the Sri Lanka Army, visited the Grand Maitland in Colombo 07 on 28 July 2025 to inspect the Multi-Facility Complex. During the visit, the Senior Officer held discussions with the management and staff regarding the existing facilities, service standards and administrative functions. He provided valuable guidance aimed at enhancing operational effectiveness and ensuring the highest quality of service for guests.

The Deputy Chief of Staff conducted a comprehensive inspection of all areas and departments under the facility, including the kitchen, storage units, staff accommodations and guest services. He emphasised the importance of maintaining exemplary hygiene standards and ensuring the utmost safety and comfort for all guests.

Deputy Chief of Staff of the Sri Lanka Army Visits the Grand Maitland





Exercise Mithra Shakti XI - Final Planning Conference Held in Belagavi



The final planning conference for Exercise Mithra Shakti XI was successfully held from 30 July to 02 August 2025 in Belagavi, Karnataka, India. Brigadier D S Jayawardana RSP ndc, the Director Infantry of the Sri Lanka Army, along with three Senior Officers, in collaboration with Indian military officials, inspected the progress to finalise operational details for the exercise.

The exercise, a key component of India–Sri Lanka defence cooperation focused on enhancing joint military capabilities, particularly in counter-terrorism operations and peacekeeping. Extensive discussions were conducted to ensure seamless coordination and effective execution.

Security Force Headquarters (Central) Concludes Workshop on MISO



A two-day workshop on 'Military in Internal Security Operations' (MISO) was held at the Security Force Headquarters (Central) on 02 July 2025. This programme was organised under the direction of the Directorate of Legal Services, Human Rights and Humanitarian Law in collaboration with the International Committee of the Red Cross (ICRC), with the aim of enhancing decision-making capabilities of Officers in law enforcement contexts, focusing on the use of force, firearms, arrest and detention. The sessions were conducted by Brigadier General (Retired) Lloyd Gillett OBE, Regional Delegate to the Armed Forces of South Asia (ICRC), along with Mr. Channa Jayawardana, Armed and Security Forces Programme Adviser (Sri Lanka) at the ICRC.

The Passing Out Parade of Special Infantry Operations (SIO) Course No. 77 was held on 28 June 2025 at Army Training School, Maduruoya.

The tactics leg of SIO Course No. 77 was conducted from 02 May 2025 to 28 June 2025 comprising 57 days of rigorous training with the participation of 23 Officers and 164 Other Ranks under the direct supervision of the Directorate of Infantry. Brigadier S A U A Solangaarachchi RSP ndc psc, the Brigadier General Staff in SFHQ (East) graced the occasion as the Chief Guest.

Special Infantry Operations Course No. 77 Concludes





‘Arrow Head Challenge 2025 - Combat Readiness’



The Arrow Head Challenge 2025 – Combat Readiness Competition was conducted from 14 to 18 July 2025, with the participation of all units under the command of the 53 Infantry Division (Reserve Strike Force). The event aimed to enhance the professional competence and operational readiness of personnel serving in the Division. Participants were selected based on battalion-level physical fitness tests, annual firing reports and overall combat readiness. The programme incorporated operational planning sessions, leadership development and both theoretical and practical training in battle tactics.

One of the key events was a 12-kilometre endurance march through the dense forests of Habarana, designed to test strategic readiness, endurance and team coordination. On the second day, troops demonstrated their proficiency in patrolling, harbouring, reconnaissance, tracking, offline navigation and the clearance of improvised explosive devices (IEDs). A highlight of the competition was an 8-member team undertaking a grueling 20-kilometre casualty evacuation under extreme heat, an achievement now recognised as the longest recorded casualty evacuation in the Division’s history. Participants also engaged in a live-firing exercise at the FSMO ground, showcasing their marksmanship and tactical skills. The competition concluded with an award ceremony on 17 July 2025, where Major General W M P M Wijesuriya RWP RSP ndu graced the occasion as the Chief Guest, commending the troops for their dedication, resilience, and commitment to excellence.

A Lecture on Mental Health and a Satisfied Life

The Sri Lanka Sinha Regiment (SLSR) conducted an informative lecture on 'Mental Health and a Satisfied Life' on 03 July 2025 at SLSR premises. Brigadier (Dr.) R M M Monaragala USP, the Director of Directorate of Army Preventive Medical & Mental Health and Consultant Psychiatrist and his team from the Army Mental Health Unit, conducted the session.

During the programme, the participants were educated on mental health and how to achieve a satisfied and successful life as a military person.



Awareness Lecture on Illegal Pyramid Investment



An awareness lecture on illegal pyramid investment schemes was conducted at the Army Headquarters on 24 July 2025, under the directives of the Commander of the Army and the close supervision of the Provost Marshal of the Sri Lanka Army. The event was organised by the Directorate of Provost, with the assistance of the Directorate of Training.

The session was conducted by a delegation from the Central Bank of Sri Lanka, comprising Mrs. Ajani Liyanapatabendi (Director - Financial Consumer Relations Department), Mr. Chathura Ariyadasa (Director- Regional Development Department), Mr. Yamithra Ranaweera (Deputy Director - Financial Consumer Relations Department) and Mr. Gimhan Mohotti (Senior Assistant Director - Payments and Settlements Department).

A total of 382 Officers were present at the venue, representing all Sri Lanka Army establishments, including 1 Corps, Security Forces Headquarters, respective under-command Divisions and Brigades, all Regimental Headquarters and Army Regimental Training Schools.

Troops of 16th Contingent of SLFPC Assume UN Peacekeeping Duties in Lebanon



The 16th Contingent of the Sri Lanka Force Protection Company (SLFPC) officially assumed peacekeeping duties under the United Nations Interim Force in Lebanon (UNIFIL) on 04 July 2025. The new contingent, comprised of 125 Army personnel, including 11 Officers and 114 Other Ranks, is commanded by Lieutenant Colonel Y S H N P Silva USP psc as the Contingent Commander, with Lieutenant Colonel B M A I U Obayasena USP psc serving as the Second in Command.

This deployment also includes four sniffer dogs, specially trained in the detection of narcotics, explosives and mines, to enhance the unit's operational capabilities. The SLFPC is tasked with providing security to the UNIFIL Headquarters in Naqoura and extending protection duties to VIPs as required.



16th SLFPC Contingent Engage in UNIFIL Joint Training Exercise



The 16th Contingent of the Sri Lanka Force Protection Company (SLFPC), after officially assuming peacekeeping duties under the United Nations Interim Force in Lebanon (UNIFIL), participated as role players in Patrolling, CASEVAC and Denial of Freedom of Movement activities on 16 and 17 July 2025. These were conducted in collaboration with the Indonesian Force Protection Unit and the Malaysian Battalion in a series of scenarios involving an IED explosion followed by an ambush and the escorting of a CASEVAC. Sri Lankan peacekeepers, comprising 02 Officers and 16 Other Ranks took part in the exercise along with two Armoured Personnel Carriers (APCs).

Assistance to Control the Fire at Sampath Sticker Vehicle Decoration Warehouse



Troops of the Regimental Centre of Sri Lanka National Guard together with 9th Battalion Sri Lanka National Guard controlled a fire at the warehouse of the private company, Wehera Sampath Sticker Vehicle Decoration, Kurunegala. As soon as the fire broke out, a large crowd gathered around the scene to watch the incident. To control the situation and prevent any potential danger to the public, the troops of 9th Battalion Sri Lanka National Guard, the Police Officers in Kurunegala Police Station assisted, clearing traffic and tightening security in the area.

Army Assist to Prevent the Spread of Wild Fire



Troops of the 18th Battalion of the Sri Lanka National Guard (SLNG) swiftly responded to a bush fire that broke out in Kongahawela area of Balangoda. Acting promptly, the soldiers rushed to the scene and took immediate measures to control the spread of the blaze. Their timely intervention successfully prevented extensive damage to nearby wildlife habitats, paddy fields and residential areas, earning appreciation from the local community for their dedication and quick action.



Troops Assist in Containing Factory Fire

A fire broke out at a small plastic factory near the Wadakada Muslim Mosque in Pothuhera, Kurunegala, on 19 July 2025 due to an electrical short circuit. Troops of the 9th Sri Lanka National Guard along with Municipal Council Fire Brigade, Kurunegala were promptly deployed to contain and extinguish the fire.

Commander Security Forces (Wanni) Inspects Early Preparation of 74th Upasampadā Ceremony

Major General K M P S B Kulatunga RSP ndc psc, the Commander Security Forces (Wanni), undertook a field visit on 24 June 2025 to inspect preparations for the 74th Upasampadā Ceremony of the Sri Lanka Rāmañña Maha Nikāya which was held from 30 June to 06 July 2025 at Vidyarthne Viharaya, Galnewa.

The Sri Lanka Army has extended the rehabilitation of the Valukarama Temple, Wijithapura Sri Punyawardanārāmaya Temple and Viddhayādara Pirivena and has also provided kitchen equipment and essential living amenities (mattresses, beds, bed sheets, mosquito nets). Further, the Commander Security Forces (Wanni) inspected the infrastructure development works at the Galnewa Mahaweli Grounds.



Support Extended to Children at Kristhuwakulam



A School supplies distribution programme was held at Kristhuwakulam Government Mixed Tamil School, Cheddikulam under the directions of Brigadier P M De Silva RSP USP, Commander, 213 Infantry Brigade with the supervision of Commanding Officer, 2nd Mechanized Infantry Regiment on 30 June 2025. During the initiative supported by the 'Sahodarathwaye Manudama', school accessories and library books were distributed to students.

Series of Welfare Initiatives Celebrating 16th Anniversary of Intake - 72



In commemoration of the 16th Anniversary of Intake No. 72 of Sri Lanka Military Academy (SLMA), a community service programme was conducted at the Sri Wimalawansa Orphanage in Kadawatha on 05 July 2025. The initiative included the distribution of essential items to the children, a comprehensive cleaning campaign and the colour washing of the orphanage premises. Officers of Intake No. 72 of SLMA actively participated in the event, reaffirming their commitment to social responsibility and community welfare.



Sri Lanka Army Conducts a Welfare Programme

A welfare programme was conducted with the aim of ensuring the well-being of serving personnel, while addressing their needs and concerns on 09 July 2025 at the Gajaba Regimental Centre.

Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, the Commander of the Army, graced the event as the Chief Guest at the invitation of Major General U K D P Udugama RWP RSP USP ndc psc, Colonel of the Regiment, the Gajaba Regiment.



The programme was coordinated by the Directorate of Veterans Affairs and Rehabilitations and representatives from relevant Directorates and Branches extended their cooperation to offer viable solutions to the issues raised. Afterward, the Commander of the Army addressing the audience, emphasised the continuous dedication to ensure the welfare of the families of Fallen, Differently-abled and retired War Heroes.



Medical Camp at Security Force Headquarters (Wanni)



Abishaa Hospital (Pvt) Ltd. conducted a medical camp under the coordination of Army Suwasahana Fund with the aim of assisting visually impaired soldiers at Security Force Headquarters (Wanni) on 16 July 2025 at the auditorium. During the programme, eye checkups were carried out for visually impaired personnel and 50 spectacles were donated as a part of the initiative. 06 Opticians from Abishaa hospital participated in the medical camp and 150 soldiers were registered with the hospital to strengthen their visual capability. This event was efficiently coordinated by the Chief Coordinator of Civil Affairs Security Force Headquarters (Wanni) under the directions of the Commander, Security Forces (Wanni).



Commander of the Army Graces Certificate Awarding Ceremony of M2C Empowerment Initiative



Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, the Commander of the Army, graced the awarding ceremony of the 'Military to Civil (M2C)' preparation and empowerment programme for Senior Officers, held at Army Headquarters at the invitation of Brigadier W A S R Wijedasa WWV RSP USP ndc psc, Director of Veterans Affairs and Rehabilitation on 14 and 15 July 2025.

During the programme, aimed at assisting Senior Officers to prepare for life beyond military service, a systematic "Post-Retirement Empowerment Programme" was also proposed to enable more Officers to successfully pursue their post-retirement aspirations. The programme was held under the coordination of the Directorate of Veterans Affairs and Rehabilitation. Major General D K S K Dolage USP nps psc, the Chief of Staff, and Major General Y A B M Yahampath RWP RSP ndu psc, Deputy Chief of Staff, also attended the programme.



Commander of the Army Vests a New House in a Senior Non-Commissioned Officer's Family



Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, the Commander of the Army, handed over the key of a newly constructed house to Staff Sergeant Mangala W M G M of the 5th (V) Battalion of the Gajaba Regiment (GR) in Rajanganaya on 09 July 2025, amidst religious blessings. Dr. Gayathri Salgado (MBBS, FACGP) together with Dr. Prasad Gunaruwan (MBBS, FRACP, PhD, MRCP), residents in Australia, extended financial assistance for the project. The troops of the Gajaba Regiment, through coordination of the Gajaba Regiment Seva Vanitha Branch, constructed the house.



Major General H T W Vidyananda RWP RSP USP, General Officer Commanding, 12 Infantry Division and his spouse Mrs. Samantha Nilanthi coordinated the philanthropists. Major General U K D P Udugama RWP RSP USP ndc psc, Commander, Security Forces (West) and the Colonel of the Regiment of the Gajaba Regiment, Mrs. Anupama Gamage, the Chairperson of the Gajaba Regiment Seva Vanitha Branch, Officers, Other Ranks, government officials and civilians in the area participated in the event.

Special Forces Vested a New House to a War Veteran



Troops of Special Forces constructed and vested a new house for WO I, T M S Bandara, Senior Non-Commissioned Officer residing in Aladeniya on 18 July 2025. Mr. Nalaka Wijewardhana, Sales Executive of People's Bank, extended 1.4 million for the construction project. Troops of the Special Forces extended their man power to the project through the coordination of Major General Vipula Liyanage (Retired).



Commander of the Army Presents Grants to Regiments for Infrastructure Development

Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, the Commander of the Army graced a ceremony to grant financial assistance from the Army Welfare Fund for the improvement of infrastructure facilities at Regimental Centres on 02 July 2025 at the Army Headquarters. During the programme, the Commander of the Army ceremonially handed over financial grants in the form of cheques worth one million rupees to representatives of all respective Regiments.



Commander of the Army Hands Over the Vehicle to Mihindu Seth Medura Which Was Gifted by HE the President

Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, Commander of the Army, officially handed over a vehicle to Mihindu Seth Medura on 03 July 2025 during a brief ceremony held at the Army Headquarters. The vehicle was provided under the directives of His Excellency the President and Commander-in-Chief of the Armed Forces Anura Kumara Dissanayake, for the benefit and daily use of the resident inmates at Mihindu Seth Medura, the dedicated wellness resort for differently-abled War Heroes. The Director Veterans Affairs & Rehabilitation, the Commandant of Mihindu Seth Medura, Senior Officers and inmates of Mihindu Seth Medura were also present at the occasion.



Sri Lankan Army Athletes Shine at 1st CISM Military Muaythai Challenge



Sri Lankan Army Athletes proudly secured 09 bronze medals at the 1st CISM Military Muaythai Challenge, marking a remarkable achievement at the international stage. The event, organised for the first time in history by the International Military Sports Council (CISM), was held from 08 to 14 July 2025 in Bangkok, Thailand. It brought together over 100 athletes from 20 countries, showcasing the global spirit of camaraderie and competition among military forces.



Army Athletes Excel at 9th South Asian Karate Championship



The 9th South Asian Karate Championship organised by the Sri Lanka Karate Federation, was held at the Sugathadasa Indoor Stadium on 05 and 06 July 2025. A total of 09 Army athletes, representing the National Karate Team, participated in the competition and showcased outstanding performances by securing 02 gold medals, 02 silver medals and 01 bronze medal. The athletes competed under the full supervision of Major General R D Sallay ndc, the Chairman of the Army Karate Committee.



Sri Lanka Army Clinches Overall Championship at 2025 National Rowing Championship

The 40th National Rowing Championship took place on 23, 24, 25, and 26 July 2025 at the Diyawanna Rowing Centre, organised by the National Association of Rowing. Marking a historic milestone in the annals of national rowing, the Sri Lanka Army emerged victorious by winning all 10 Gold Medals in the Open Category and secured the overall championship titles in both the Men's and Women's categories. The Sri Lanka Army Men's Team secured 05 gold medals and 01 silver medal, while the Women's Team won 05 gold medals.



The competitors participated in the competition under the guidance of Major General W M N D K Bandara RWP RSP USP ndu psc, Chairman of the Army Rowing Committee. The success of the Army Rowing Team was further driven by the dedication and expertise of the team's Coach, Major A M M M Alagiyawanna of the Vijayabahu Infantry Regiment, along with his committed team of instructors, who played a crucial role in preparing the athletes for this landmark performance.

Army Players Shine at Layton Cup Boxing Tournament - 2025



The Layton Cup Boxing Tournament, organised by the Sri Lanka Boxing Association, was held on 20, 21, 22 and 23 July 2025 at the Royal College Indoor Stadium, Colombo. A total of 92 male and 42 female players representing 25 sports clubs participated in the competition. The Army men's team won 07 gold medals in 10 weight classes, along with 01 silver medal and 02 bronze medals, securing first place in the overall medals tally. Meanwhile, the Army Red Team secured 01 gold medal, 02 silver medals and 03 bronze medals, thereby achieving the second place in the overall medal tally. Accordingly, the men's team collectively secured 08 gold medals, 02 silver medals and 08 bronze medals, bringing great glory to the Army.



The Army Women's Team, comprising nine athletes, delivered an impressive performance by winning 02 gold medals, 04 silver medals and 03 bronze medals, further adding to the Army's prestige in the tournament. The Army Boxing Team achieved these remarkable results under the guidance of Major General P K W W M J S B W Pallekumbura RWP RSP ndu psc, the Chairman of the Army Boxing Committee.

10th Inter-Regimental Handball Tournament

The 10th Army Inter-Regimental Handball Tournament, organised by the Sri Lanka Army Handball Committee, was held in an excellent manner from 24 to 27 July 2025, at the Army Indoor stadium at Panagoda, with the participation of 192 male and female players representing 12 Regiments of the Sri Lanka Army.

The Inter-Regimental Handball final tournament was held on 27 July 2025 under the gracious participation of Major General K N D Karunapala RSP ndu, Commanding Officer of the 56 Infantry Division, Colonel Commandant of Corps of Agriculture and Livestock and Chairman of the Army Handball Committee, participating as the Chief Guest, while Mr. Upali Rajapaksa, President of the Sri Lanka Handball Association graced the occasion as a Guest of Honour.

In the women's final, the Sri Lanka Army General Service Corps team won the championship by scoring 26 points, while the Sri Lanka Army Women's Corps team secured the runner-up position with 14 points.

In the men's final, the Sri Lanka Army Sinha Regiment team won the championship by scoring 34 points, while the Sri Lanka Army Light Infantry Regiment team secured the tournament Runner-up position with 29 points.



Army Athletes Shine in Thailand Open Track and Field Championship

Thailand Open Track and Field Championship – 2025 organised by the Thailand Athletics Association was held on 22 June 2025 at Pathumthani, Thailand. During the event, Corporal Chathuranga G R of the 6 Gemunu Watch secured two gold medals, Corporal Ahamed M N S of 2 (V) Sri Lanka Electrical and Mechanical Engineers secured a bronze medal, Lance Corporal Vakson V of 2(V) Sri Lanka Light Infantry secured a gold and silver medal and Private Hapuarachchi H W K of 2 (V) Sri Lanka Army Women's Corps secured a silver medal. The Army players participated in the event under the guidance of Major General B G S Fernando USP, Chairmam of the Sri Lanka Army Athletics Committee.



Mother Regiment Felicitates New Chief of Staff

A felicitation ceremony for Major General D K S K Dolage USP nps psc, 67th Chief of Staff of the Sri Lanka Army and Colonel Commandant of the Corps of Sri Lanka Engineers (SLE), was held at the Home of Sappers, Mattegoda on 18 July 2025. Officers and Other Ranks of SLE took part in the proud moment of celebration.

The troops of SLE warmly welcomed the Chief of Staff of the Sri Lanka Army according him a ceremonial Guard Turnout followed by a Guard of Honour. Addressing the Officers and Other Ranks of the SLE, the Chief of Staff of the Sri Lanka Army outlined his vision and key objectives, emphasising the importance of unity, operational excellence and regimental spirit.



Mother Regiment Extends Greetings for Newly-Appointed Deputy Chief of Staff

A felicitation ceremony was held to honour Major General Y A B M Yahampath RWP RSP ndu psc, upon his appointment as the 47th Deputy Chief of Staff (DCOS) of the Sri Lanka Army, at the Sri Lanka Light Infantry (SLLI) Regimental Centre on 04 July 2025. The newly appointed DCOS was respectfully welcomed at the main entrance of the Regimental Centre by the Centre Commandant. In accordance with military traditions, a Guard Turnout and a Guard of Honour were accorded to the Deputy Chief of Staff.

Then, the DCOS paid the floral tribute at the SLLI War Heroes' Monument in remembrance of the fallen War Heroes who made the supreme sacrifice for the motherland. Addressing the troops, he outlined his vision and objectives, while offering his respects to all fallen, wounded and serving Officers and Other Ranks for their contribution towards establishing lasting peace in the country. Finally, the Deputy Chief of Staff participated in an All-Ranks tea held at the Other Ranks' Mess. Officers and Other Ranks participated in the event.



DCOS Visits Army Hospital - Colombo

Major General Y A B M Yahampath RWP RSP ndu psc, the Deputy Chief of Staff (DCOS) of the Sri Lanka Army, conducted an official visit to the Army Hospital, Colombo on 09 July 2025. During the visit, he held a discussion with all Directors regarding issues pertaining to the hospital and carried out an inspection of the hospital staff's accommodation. He later observed the prevailing conditions and instructed the relevant authorities to initiate immediate corrective measures wherever shortcomings were identified.

Further, DCOS of the Sri Lanka Army and Chairman, Board of Management (BOM) of Ranaviru Apparel (RVAPL), extended his visit to the RVAPL factory at Yakkala on 18 July 2025. Brigadier M A D J D Gunathilaka RSP USP, Commandant of RVAPL, provided a detailed briefing on the organisation's history, functions, production processes and management systems. During the visit, he inspected the production areas, issuing directives to enhance productivity and efficiency.



Celebrating World Mangrove Day in Naruwilkulam Area of Mannar

Commemorating World Mangrove Day, troops of the 10 (V) Gemunu Watch, conducted a mangrove replanting programme in the Naruwilkulam area of Mannar on 28 July 2025 under the directions of Brigadier I P Jayasinghe RWP, Commander 541 Infantry Brigade with the supervision of Commanding Officer, The 10 (V) Gemunu Watch. A total of 1,500 mangrove saplings were replanted during the event with the aim of restoring the coastal ecosystem and promoting environmental sustainability in the region.

Multiple government and civil organisations including Sri Lanka Police, the Nanattan Divisional Secretariat, the Department of Wildlife Conservation, the Sri Lanka Red Cross (Mannar Branch) and the Sri Lanka Scout Association, University of Jaffna and Naruwilkulam Tamil Government School also took part in the replanting alongside Army personnel.



Community Programmes from the 55 Infantry Division



In line with the 'Clean Sri Lanka' National Programme, battalions under command to the 55 Infantry Division organised a series of community-focused initiatives on 04 July 2025. Troops of the 7 Sri Lanka Light Infantry, 22 Vijayabahu Infantry Regiment and 14 Sri Lanka National Guard extended their assistance for the programme. The programme was conducted under the theme 'Shrama Operation' and included awareness lectures on the national initiative, tree-planting campaigns and comprehensive area-cleaning efforts.

The programmes were implemented at multiple locations, including the District Vocational Training Centre, Kilinochchi, Vocational Training Centre, Kilinochchi, National Apprentice and Industrial Training Authority, Kilinochchi, Sri Lanka – German Training Institute, Kilinochchi, Vocational Training Centre, Pooneryn and Vocational Training Centre, Dharmapuram. A total of 885 Army personnel, 53 teachers, 493 students and 52 area residents actively participated in these initiatives.

All-Night Pirith Chanting Ceremonies for War Heroes



The 56 Infantry Division of the Sri Lanka Army organised an All-night Pirith Chanting Ceremony on 23 June 2025 to pay tribute to the Fallen and differently-abled Army personnel who made the supreme sacrifice during the thirty-year-long conflict. The event was held under the guidance of Major General K N D Karunapala RSP ndu, the General Officer Commanding, 56 Infantry Division. 561, 562 and 563 Brigade Commanders, Commanding Officers of under - command units, Officers, Other Ranks and civil staff took part in the event.



The Regimental Centre Special Forces organised a commemorative event on 12 July 2025, honouring the War Heroes who made the supreme sacrifice for the nation. The event was held under the guidance of Major General M T I Mahalekam WWV RWP RSP USP ndu psc, the Quarter Master General and Colonel of the Regiment, Special Forces. Officers and Other Ranks of Special Forces participated in the programme.

Visits of Foreign Delegations

Dr. Isaara Uke, the Swiss Ambassador to Sri Lanka and the Maldives, called on Major General K A N Rasika Kumara ndc psc, the Commander, Security Forces (Jaffna), on 29 July. During the discussion, the Commander, Security Forces (Jaffna), briefed her on the community-based projects, security and general matters being implemented by the Security Force Headquarters. Brigadier M P K L Amarasinghe WWV RWP RSP ndc, Brigadier General Staff also joined the occasion.



Lieutenant Colonel Matthew House, Defence Attaché at the US Embassy in Sri Lanka, met Major General H D L S Perera RWP RSP ndc, the General Officer Commanding, 22 Infantry Division on 26 July 2025. They exchanged views on a range of bilateral issues of mutual interest further strengthening the existing bilateral relations between the two countries.



Colonel Hassan Amir, the Defence Adviser of the Republic of Maldives, visited the Marksmanship and Sniper Training School (MSTS) on 23 July 2025 to review the training progress and administrative aspects concerning two Maldivian Defence Force personnel, Sergeant Hussain Fasheen and Sergeant Aisham Ahmad, currently attending the Sniper Course. The course, conducted under the Sri Lanka Army's Annual Training Programme, integrates local and foreign personnel, enhancing sniper tactics and precision marksmanship.

During his visit, Defence Adviser was briefed on course content, training techniques and the performance of foreign trainees. He also interacted with instructors and participants, commending the MSTS team for their professionalism and their role in strengthening defence cooperation between the two nations.

Landmark Moment of Sri Lanka Army Histroy



A Simple yet historic ceremony marked the promotion of Major General G C V Fernando ndc of the Sri Lanka Signal Corps on 16 June 2025 at the Army Headquarters. The event was made truly special when his newly-pinned insignia was placed by his two sons, Captain G S V Fernando of the Commando Regiment, Sri Lanka Army and Flying Officer G N D Fernando of the Sri Lanka Air Force.

The occasion was not only a proud and memorable moment for the father and his two sons, but also for the Sri Lanka Army as a whole. It is believed to be the first such event in the history of the Sri Lanka Army and possibly among world armies where a newly promoted Major General G C V Fernando ndc, was decorated by two sons serving in different branches of the armed forces. Adding to its significance, Major General G C V Fernando ndc, who has dedicated decades of service to the nation, has inspired his two sons to follow in his footsteps and contribute to the country's defence. This moment stands as a shining example to the entire Army community and to society at large of the values of service, sacrifice, and patriotism. The 'Bellator' magazine extends its heartfelt congratulations to Major General G C V Fernando ndc on this remarkable achievement.

War Heroes in the 1996 Mullaitivu Attack Commemorated

29th commemoration, organised to pay tribute to the War Heroes who sacrificed their lives for the motherland in the 1996 Mullaitivu attack, was held at the War Heroes' Monument of the 1 Special Forces on 19 July 2025. The ceremony was held under the patronage of Colonel H M J W Bandara RSP USP nps psc, the Centre Commandant, Special Forces Regiment and Lieutenant Colonel D D Masinghe RWP USP psc, the Commanding Officer of 1 Special Forces, under the guidance of the Colonel of the Regiment, the Special Forces. During the commemoration, tribute was paid to Colonel A F Lafir PWV RWP RSP, along with two Senior Officers and 36 Other Ranks, who made the supreme sacrifice on 19 July 1996 in defence of the unity of the motherland.



In conjunction with this occasion, 1 Special Force donated essential items to the senior citizens at the Warnakulasuriya Elders' Home in Madawala Ulpatha, Matale along with the delicious lunch treat. Later, a Dhamma sermon was also held at the unit premises in homage to the late War Heroes.



Commander Security Forces (East) Visits Dimbulagala Forest Monastery



Major General J S B W Pallekumbura RWP RSP ndu psc, Commander of Security Forces (East), visited the Dimbulagala Forest Monastery, a site of historical and religious significance located in the Polonnaruwa District on 09 July 2025. During the visit, the Senior Officer met Most Venerable Dimbulagala Rahulalankara Nayaka Thero, the Chief Incumbent of the Dimbulagala Forest Monastery and received his blessings. Thereafter, the Senior Officer inspected the ongoing construction work conducted by Army troops to enhance the infrastructure of the sacred site.

Swift Action Saves a life of a War Hero



On 23 May 2025, duty at the Forward Medical Theatre of the 513 Infantry Brigade Headquarters was proceeding as usual. It was 04.00 p.m. when an urgent cry broke the calm. "Jayathilaka has been electrocuted!" shouted a Senior Non-Commissioned Officer of the Regimental Police. For those of us in the Medical Corps, trained to respond to emergencies without a moment's delay, the call was enough to set us instantly in motion.

With the first aid kit always kept ready for such situations, I, (S/651754 Sergeant G W I G Pushpa Kumara), was on duty at the Forward Medical Centre along with S/652342 Lance Corporal Karunaratne H M M R and S/655021 Lance Corporal Ratnasiri R G A S, rushed to the scene. The casualty was moved to a safe location where Lance Corporal Karunaratne H M M R and I quickly assessed his vital signs. Finding no pulse, we immediately commenced cardiopulmonary resuscitation (CPR) while inserting a cannula to support resuscitation efforts.

Meanwhile, Lance Corporal Ratnasiri R G A S prepared a Bolero vehicle, lining it with a mattress for safe transport. With CPR continuing, the casualty was carefully loaded into the vehicle. The Coordinating Officer at the Brigade promptly contacted Thelipale Hospital to alert them of the incoming patient. Throughout the journey, we maintained uninterrupted CPR until we arrived at the hospital's emergency unit, where the medical and nursing staff were already assembled, prepared to receive him. Upon handover, the hospital team continued resuscitation with precision and at approximately 08.30 p.m., the patient regained consciousness. It was a deeply gratifying moment for us all. In a gesture of humility, the hospital staff commended the accuracy and timeliness of the first aid we had administered.

“Throughout the war or post-war periods, Sri Lanka Army Medical personnel remained unwavering in their mission. Being aware of the fact that aiding others in times of crisis is an essential part of their calling, they continue to step forward even today, regardless of rank, at any time where their service is in urgent need, exemplifying the true spirit of wartime heroism. This note is a tribute to those remarkable medical professionals in the Army with vigilance and swift action, dedicated themselves to saving the lives of their fellow soldiers.”

S/651754 Sergeant Pushpa Kumara GWIG



Annual Commemoration of Captain Saliya Aladeniya PWV Held in Kokavil

The annual commemoration ceremony of Captain Saliya Aladeniya PWV of the Sri Lanka Sinha Regiment (SLSR) took place on 11 July 2025 at Kokavil, honouring his supreme sacrifice and his fellow soldiers who defended the Kokavil Camp against LTTE forces on 11 July 1990. Captain Aladeniya set a historic example of heroism by choosing to stand his ground with his troops, becoming the first recipient of the Parama Weera Vibhushanaya (PWV), Sri Lanka's highest military honour, equivalent to the British Victoria Cross.



The event, included floral tributes in memory of the fallen heroes. Major General D R N Hettiarachchi RWP RSP USP, General Officer Commanding 59 Infantry Division, graced the occasion as the Chief Guest.



Consignment of Explosive Ordnance Disposal from USA

Enhancing bilateral defense cooperation, the United States Embassy in Sri Lanka officially donated a consignment of Explosive Ordnance Disposal (EOD) training equipment to the Sri Lanka School of Military Engineering (SLSME) on 30 June 2025. The donation was made in response to a formal request by the SLSME, which had identified a critical need for modern, field-relevant training equipment to enhance the operational readiness of its EOD curriculum. The procurement process was coordinated in close consultation with the Sri Lanka Army Engineer Division and the Office of the Chief Field Engineer (CFE), ensuring timely and effective delivery of the consignment. The ceremonial handover was attended by four senior officials from the U.S. military, Colonel J A C S Jagoda psc, the Commandant of SLSME, together with the officers and staff of the School. Further building on this momentum, the U.S. delegation, in collaboration with the United



States Army Pacific Command, successfully conducted the inaugural Tactical Combat Casualty Care (TCCC) Course at SLSME from 21 to 25 July 2025. Further, experienced instructors, including Sergeant Kyle Moore, Sergeant Taylor Michael, and Private First Class Marco Rocha delivered essential hands-on training in life-saving battlefield techniques.

As a foundational component of the broader EOD Level 01 training programme, the TCCC course equips Sappers with the critical skills necessary to provide immediate medical care in high-pressure operational environments. Together, these initiatives, the donation of specialised EOD training equipment and the successful completion of the TCCC, highlighted the deepening defence ties between Sri Lanka and the United States.

29th Remembrance of Mullaitivu Attack 1996

A solemn ceremony to commemorate the fallen War Heroes who fought bravely and sacrificed their lives during the terrorist attack on the Mullaitivu camp on 18 July 1996 was held at the War Heroes Memorial in Mullaitivu on 17 July 2025. The ceremony headed by Major General D R N Hettiarachchi RWP RSP USP, the General Officer Commanding, 59 Infantry Division, was attended by many Officers and Other Ranks.



The Mullaitivu attack that took place on 18 July 1996, was one of the worst drawbacks in the 30-year war history. 1,400 brave soldiers lost their lives along with the military properties. However, many do not know that in that battle, there were brave War Heroes who managed to face the enemy fearlessly and save their lives.

The incident that took place in the battlefield, completes 29 years on 18 July 2025. This page of “Bellator” is a tribute to those brave War Heroes.



ASVU Provides Financial Aid to Children of Army Personnel



A scholarship donation programme was held for the children of fallen, differently-abled, retired and currently serving War Heroes and civil servants serving in the Army at the Army Headquarters on 31 July 2025. Accordingly, 68 children who achieved outstanding results (3 A passes) in the G.C.E. Advanced Level 2024 examination by securing three 'A' passes benefited from the programme.

Lieutenant General Lasantha Rodrigo RSP cff-ndu psc IG, the Commander of the Army and Mrs Swendrini Dissanayake, the President of the Army Seva Vanitha Unit (ASVU), graced the occasion as the Chief Guests. A total of Rs. 6,800,000.00 was allocated by the ASVU for the 68 students, with each recipient receiving Rs. 100,000.00.



ASVU Donates ICU Beds to National Hospital for Respiratory Diseases



A medical donation programme was conducted on 09 July 2025 at the National Hospital for Respiratory Diseases, Welisara, under the coordination of Dr. Rasika Perera, Chairperson of the Ministry of Defence Seva Vanitha Unit and with the guidance of Mrs. Swendrini Dissanayake, President of the Army Seva Vanitha Unit (ASVU). On this occasion, the President of the ASVU donated three ICU beds, valued at approximately Rs. 9 million, for the benefit of patients receiving residential treatment in Female Ward No. 06.

ASVU Hosts Lunch for Troops of Welfare Institutions



The Army Seva Vanitha Unit (ASVU), under the guidance of Mrs. Swendrini Dissanayake, President of the ASVU, organised a lunch programme for troops serving at welfare institutions affiliated with the ASVU on 04 July 2025, at Sunflower Village, Mulleriyawa.

Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, Commander of the Army, graced the occasion as the Chief Guest. During the event, both engaged in cordial interactions with the troops. Addressing the gathering, the Commander of the Army commended the valuable contributions of the troops and appreciated their dedication and commitment to welfare initiatives.

The programme also featured a calypso music session, adding a lively atmosphere to the occasion. As part of the event, mango saplings were distributed among the troops, with sponsorship provided by Alliance Finance.



Seva Vanitha Branches Donate Beds to Lady Ridgeway Hospital for Children



As part of the ongoing series of welfare programmes conducted by the Army Seva Vanitha Unit (ASVU), medical equipment was donated to the Intensive Care Unit (ICU) of the Lady Ridgeway Hospital for Children on 26 July 2025 at the hospital premises.

Colonel M M R Chandrasekara, Colonel Coordinating Officer of the ASVU, a representative from the Ministry of Defence Seva Vanitha Unit, Specialist Surgeon Dr. Anusha Sriyasinghe and Specialist Dr. H W H Shanika Priyangani attended the event. Three ICU beds, valued at Rs. 9 million, were donated during the programme, fulfilling a critical requirement of the hospital.

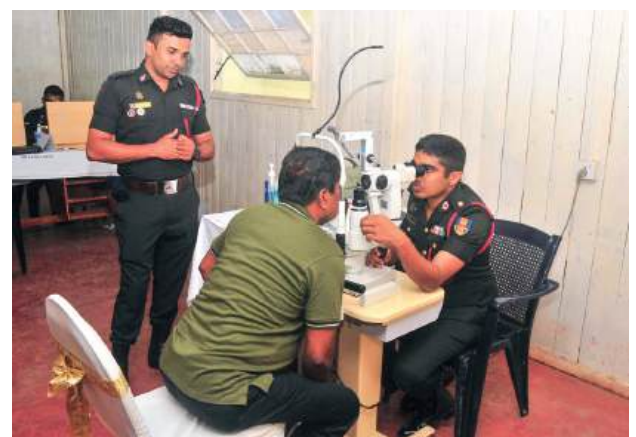
School Supplies Donation Programme at Dimbulagala



A donation programme to distribute school supplies among 176 novice monks and children studying at Dimbulagala Sri Maha Kashyapa Dhamma School, Dimbulagala Pirivena and Dimbulagala Kashyapa Maha Vidyalaya was conducted on 20 July 2025 at the Dimbulagala Raja Maha Viharaya by the Army Seva Vanitha Unit (ASVU). Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, Commander of the Army, graced the occasion as the Chief Guest. During the programme, each student received a set of school bags, books, stationery and school uniform vouchers, valued at approximately Rs. 7,500.00. Additionally, donations were extended to 23 members of the academic staff by the Commander of the Army during the same event.



Medical Camp for Veterans in Diyathalawa



The sixth stage of a medical camp for differently-abled War Heroes and retired personnel was organised on 30 July 2025 at the Volunteer Force Training School, Diyathalawa. The Directorate of Veterans Affairs & Rehabilitation initiated the medical camp under the guidance of the Commander of the Army.

During the programme, the Army Seva Vanitha Unit (ASVU) organised an eye clinic parallel to the event. As part of this, the ASVU donated 350 spectacles and 20 wheelchairs. Moreover, the ASVU provided lunch for all participants.

Wheelchairs from ASVU for War Heroes and Civil Workers



The Army Seva Vanitha Unit (ASVU) organised a wheelchair donation programme on 17 July 2025 at the ASVU Office premises, under the guidance of Mrs. Swendrini Dissanayake, President of the ASVU. Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, Commander of the Army, graced the occasion as the Chief Guest.

During the event, the Commander of the Army presented two electric wheelchairs, each valued at approximately Rs. 700,000.00, to two medically boarded-out retired War Heroes to support their daily mobility needs. One recipient was a retired Non-Commissioned Officer from the 8th Gajaba Regiment, who lost both legs due to injuries sustained in a terrorist attack on 28 March 2009 in Puthukudiyiruppu. The second was a Senior Non-Commissioned Officer of the 9th Sri Lanka Sinha Regiment, who became visually impaired in his right eye and paralysed on the left side of his body following a mortar attack by terrorists on 17 September 2000 in Sarasalai, Jaffna.

In addition, the ASVU extended its support to civilians by donating wheelchairs to the father-in-law of a staff assistant at Army Headquarters, who is unable to walk, and to the mother of a civilian employee at the Military Secretary's Branch, who suffers from a cardiac illness.

ASVU Appreciates Retiring Preschool Teachers for Dedicated Service

The Army Seva Vanitha Unit (ASVU) conducted a Service Appreciation Programme on 17 July 2025 at the ASVU office premises to honour eight retiring teachers of Viru Kekulu preschools and day care centres operated by the Army across the country. Mrs. Swendrini Dissanayake, President of the ASVU, graced the occasion as the Chief Guest.

During the programme, the ASVU President extended her heartfelt appreciation for the invaluable contributions made by the retiring teachers in shaping and nurturing young children through their dedication, knowledge and care.



Blood Donation Campaign



The Sri Lanka Electrical and Mechanical Engineers Seva Vanitha Branch (SLEME-SVB), in collaboration with the Blood Bank of Polonnaruwa Hospital, organised a blood donation campaign on 16 July 2025 at the 3rd Regiment of SLEME in Minneriya, with the participation of 80 soldiers.

Financial Donation



The Sri Lanka Signal Corps Seva Vanitha Branch (SVB–SLSC) made a heartfelt financial donation of Rs. 10,000 to the spouse of a civil waiter attached to the 10th Sri Lanka Signal Corps, who is currently receiving treatment for abdominal cancer at Apeksha Hospital, Maharagama, on 10 July 2025. Members of the SVB–SLSC were also present at the occasion.

Celebrating the 31st Anniversary



To commemorate the 31st Anniversary of the 2nd Regiment of Special Forces (SF), the Special Forces Seva Vanitha Branch (SVB) organised a donation programme, distributing stationery items and hosting a special lunch treat for 38 children at Janakapura Primary School on 18 July 2025.

An Almsgiving for Warusavithana Elders' Home



In commemoration of the fallen War Heroes, Mrs. Dilhani Priyalal, together with the Military Intelligence Corps Seva Vanitha Branch (MIC-SVB), organised an almsgiving programme for the elders at Warusavithana Elders' Home, Ambalangoda, on 31 May 2025.

New House for a War Hero's Family



Mrs. Darshanee Yahampath, Chairperson of the Sri Lanka Light Infantry Seva Vanitha Branch (SLLI-SVB), vested a new house to a Senior Non-Commissioned Officer (SNCO) of the 6th Battalion, Sri Lanka Light Infantry, on 16 July 2025. The house was constructed under the second phase of the housing project initiated specifically for SNCOs. The troops of the 19th Battalion, Sri Lanka Light Infantry provided essential manpower support, while the SLLI-SVB extended financial assistance for the project.

Gift Voucher Distribution Programme



The 7(V) Engineer Services Regiment conducted a gift voucher distribution programme on 05 July 2025 at the unit premises in Athurugiriya. The programme aimed to support the children of soldiers and civil employees serving in the Regiment. A total of 22 selected children from the families of serving personnel received gift vouchers during the event. Mrs. Anupama Rathnayaka, Chairperson of the Corps of Engineer Services Seva Vanitha Branch, graced the occasion as the Chief Guest.

New House for a Civil Employee



The Gemunu Watch Seva Vanitha Branch (GW-SVB) handed over the key of a newly constructed house to Mr. B A Kumara, a civil employee of the Gemunu Watch on 19 July 2025 in Kekirihena, Maha Oya. Major General W B J K. Wimalaratne RWP RSP, Director General Infantry and Colonel of the Regiment, the Gemunu Watch, together with Dr. (Mrs.) Dilrukshi Wimalaratne, Chairperson of the GW-SVB, graced the housewarming ceremony.

New Chairpersons of Regimental Seva Vanitha Branches



Mrs. Ajantha de Silva was appointed as the Chairperson of the Sri Lanka Army Service Corps Seva Vanitha Branch (SLASC-SVB) on 02 July 2025 at the Regimental Headquarters of the SLASC.



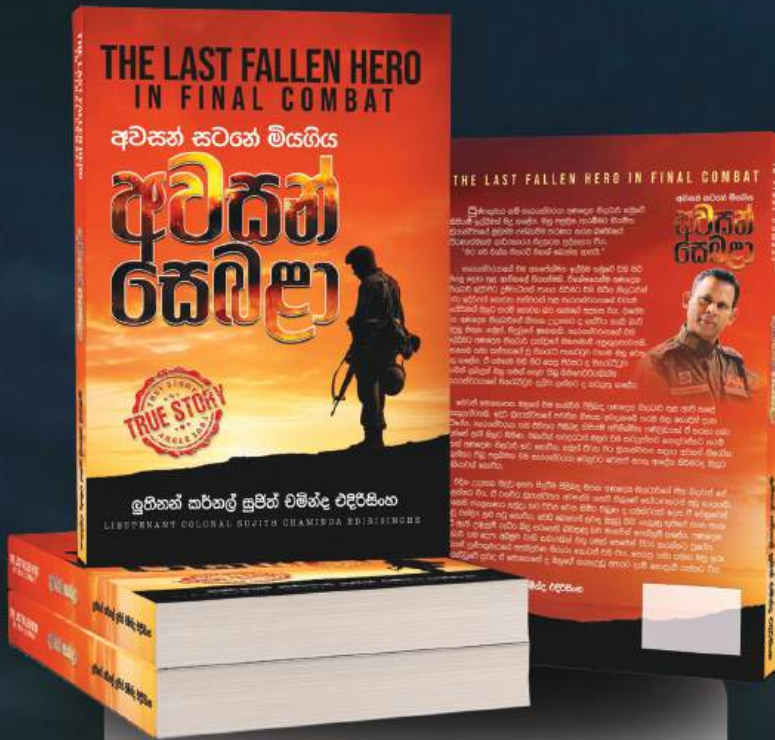
Mrs. Shirani Wijekoon assumed the duties as the new Chairperson of the Sri Lanka Army Ordnance Corps Seva Vanitha Branch on 09 July 2025.



Mrs. Iroshi Fernando assumed duties as the Chairperson of the Sri Lanka Corps of Military Police Seva Vanitha Branch (SLCMP-SVB) on 19 July 2025 at the SLCMP Regimental Headquarters. In line with her assumption of duties, essential items were distributed to expectant mothers, accompanied by a lunch treat.



Mrs. G. Anushani Kulathunga was appointed as the new Chairperson of the Sri Lanka Army Medical Corps Seva Vanitha Branch on 02 July 2025.



The first terrorist incident that took the life of a War Hero is accounted on 15 October 1981. The incident took place near a hardware store in Kankasanthurai and killed S/63480 Lance Corporal Hewawasam M P W of the Corps of Engineer Services. In the same incident, S/8232 Lance Corporal Thisera M M D of the Pioneer Corps sustained severe injuries and died the following day after being admitted to hospital.

Very little was reported on the tragic incident. As the incident had taken place 44 years ago, much remains unknown about the two soldiers. Yet, in the broader context of Sri Lanka Army history, this moment stands as a significant turning point. From that day forward, terrorist activities intensified, escalating into a conflict that endured for over three decades and concluded on 19 May 2009, at the cost of the lives of 27,000 War Heroes.

In any nation's military history, the identities of the first and last soldiers to lay down their lives hold symbolic weight and deserve to be remembered. While the name of the first fallen has been established, the identity of the last soldier to make the supreme sacrifice remains uncertain. However, Lieutenant Colonel Sujith Chaminda Edirisinghe's book "*The Last Fallen Hero in Final Combat*" has now brought that history to light through the results of a two-year research effort.



Corporal Hewawasam

The first soldier to die in a terrorist attack on the battlefield



Corporal Tissera

The second soldier to die in a terrorist attack on the battlefield



Corporal Rajitha Kahawita,

A soldier who died prematurely on the battlefield due to a terrorist attack



Sergeant Jayasekara

The soldier who died last in the battlefield due to a terrorist attack



Mrs. Darling Nona,
the spouse of Corporal Tissera, who became the first widow in history after losing her husband due to a terrorist attack



Mrs. Sugandhika,
The spouse of Corporal Jayasekara, who become the last widow in history after losing her husband due to a terrorist attack



Warrant Officer I, A S Semapala, then

Warrant Officer I, A S Semapala, who witnessed the first-ever terrorist attack in history that killed two Army personnel



Warrant Officer I, A S Semapala, now



The Evolution of Military Leadership Structures

Every Army requires a direction. Regardless of how well trained or equipped it may be, without effective leadership, clear decisions, timely orders and coordinated action, no force can succeed. This system, known as command and control, determines how authority is structured and how quickly a military can respond. Command gives direction. Control ensures execution. As battlefields grow more complex, this system becomes even more vital.

Throughout history, command models, from rigid hierarchies to mission-based systems, have shaped victory or defeat. Technology has changed how we communicate, but human judgment, initiative and clarity remain at the heart of leadership.

In Sri Lanka's history, leadership has played a central role even when formal command structures were less formal than today's. In ancient Sinhala kingdoms, kings led Armies

personally, organising forces around loyalty, caste or region. Chronicles such as the Mahavamsa describe rulers like *King Dutugemunu* (2nd century BCE) as both political and military leaders, coordinating units and enforcing discipline.

While hierarchical, these systems allowed flexibility, especially at the unit levels. Armies often consisted of regional contingents under local commanders, meaning strong top-down leadership was



essential for cohesion. Under rulers like *King Parakramabahu I*, this structure supported well-organised campaigns.

During the Kandyan Kingdom, the nature of warfare and command shifted significantly. Facing colonial powers, Kandyan resistance relied on mobility, terrain knowledge and asymmetric tactics. Central leadership remained, but operations depended on smaller units commanded by local chieftains acting independently laying the foundation to today's mission-command concepts.

However, British colonisation influenced western command doctrine into the local commanding structure including with formal ranks,

written orders and structured Officer Corps. By the 19th century, units such as the Ceylon Rifle Regiment and later the Ceylon Defence Force adopted written orders, structured ranks and professional Officer systems. Command and control became increasingly institutionalised through training, garrison routines and standardised procedures.

After independence in 1948, the newly formed Ceylon Army retained many of these traditions but adapted its command structure to meet local conditions. During the late 20th century internal conflicts, the Army faced operations in jungles, urban areas and remote regions demanding tactical flexibility. Junior Officers and Non-Commissioned Officers (NCOs) often had to make

decisions on the ground without waiting for higher orders.

These experiences highlighted a key lesson. The central command is necessary for overall direction. The success often depends on empowering leaders at every level. In today's decentralised battlespaces, the ability of junior commanders to act independently under intent-based guidance remains essential.

In the earliest forms of organised warfare, command and control were based on personal authority. Tribal societies and early city-states relied on the leadership of chiefs, elders, or warrior-kings, whose orders were delivered directly through physical presence, spoken commands, or simple signals. Coordination was limited by the small size of these forces and armies. They typically moved and fought as single, undivided bodies with minimal internal structure.

In the earliest organised warfare, command was based on personal authority. Tribal and city-state societies followed chiefs or warrior-kings whose orders were delivered face-to-face or through simple signals. Armies were small and typically operated as unified bodies without internal subdivisions.

The Greek phalanx introduced an early example of disciplined formations. Though largely made up of citizen-soldiers under elected Generals, tight formations required coordination through voice or musical signals such as flutes and drums. Leaders like *Epaminondas* and *Alexander the Great* demonstrated how effective leadership could shape outcomes even with limited communication.

The Roman Army brought greater sophistication. Its legions were divided into centuries and cohorts with clear chains of command. Officers were trained not just to follow orders but to understand strategic intent, allowing for centralised planning with local initiative introducing a model still used today.

In ancient China, especially under the *Han* dynasty (202 BCE – 220 CE), command systems were

World War II

1939 - 1945



shaped by imperial bureaucracy. Field Commanders had autonomy but were held accountable under a larger administrative framework. Orders were issued in written and emphasis on structure, logistics and accountability ensured cohesion across large forces.

During the medieval period, some centralised states, like the *Byzantine Empire* and *Islamic caliphates*, maintained professional command systems. The *Byzantines* maintained a professional Officer Corps and issued detailed manuals like the *Strategikon*, codifying principles of delegation and battlefield leadership. However, such examples were the exception.

Elsewhere, the collapse of classical empires gave rise to feudalism, a fragmented model where loyalty lay with individual lords rather than a central state. Armies were patchworks of knights, retainers and peasants, each under a noble with personal authority. Kings held nominal command, but real control was dispersed. Communication was slow and decision-making disjointed. Large-scale manoeuvre often failed due to competing authority and poor discipline.

The Crusades provide a clear example. Multinational forces, led by rival nobles, frequently clashed among themselves. Poor communication and lack of unified command undermined campaigns, even when facing well-organised opponents. The result was often delayed decisions, confusion, and strategic failure.

In early modern Europe, the shift from feudal levies to standing armies during the 16th and 17th centuries marked a turning point in military command. As armies grew and campaigns became more complex, states required centralised, disciplined leadership. Monarchs like *Gustavus Adolphus of Sweden* and *Louis XIV of France* built national armies with permanent Officer Corps, standardised training, and formal chains of command. Orders were increasingly written and supported by detailed planning and logistics.

A major innovation was the emergence of the general staff system where Officers tasked with planning and coordination, rather than frontline command. This system took shape in 18th century Prussia, where institutions like the *Kriegsschule* (war school) trained

Officers in logistics, communication and operations. Generals became less isolated and more reliant on professional staff who ensured coherent action across multiple units.

Napoleon's Corps system gave commanders clear goals and freedom in execution. While his centralised planning enabled victories across Europe, the 1812 campaign in Russia exposed the limits of even advanced command structures when faced with logistical collapse.

In the 20th century, command and control became fully institutionalised, driven by industrial warfare and advances in communication. The telegraph, radio and later encrypted transmissions allowed orders to be issued across vast distances in real time.

During World War I, centralised General Staffs managed massive armies along extended fronts. While technology improved coordination, many Senior Officers relied on outdated methods. Rigid, top-down orders issued from distant headquarters often failed to reflect battlefield realities contributing to massive losses at the Somme and Passchendaele.

After the war, reforms focused on improving flexibility. In Germany, the doctrine of *Auftragstaktik* ("mission command") emphasised giving clear objectives while allowing subordinates to decide how to achieve them discovering an approach that would shape later success.

During World War II, these differing philosophies were put to the test. The German Wehrmacht's early campaigns in Poland, France and the Soviet Union demonstrated the power of decentralised command. German units moved rapidly using combined arms tactics, supported by mobile radios, forward observers and a culture that encouraged Junior Officers to act independently when needed.

In contrast, the Soviet Union maintained a highly centralised system rooted in political control and rigid hierarchy. Orders were inflexible and Commanders in the field had little authority to adapt or retreat without approval. This

approach contributed to severe early defeats such as during Operation Barbarossa. Only later in the war, Soviet Commanders began adopting more autonomy at the Corps and Army level, sometimes even placing Generals in competition to accelerate advances.

The British and US forces built extensive general staffs focused on planning, logistics and coordination. Although less tactically agile at first, they demonstrated the power of centralised planning combined with field-level execution especially during the Normandy landings, which required close integration of air, land and sea operations.

By the end of the war, the lesson was clearer for all, that is effective command depends on balance centralised direction with decentralised execution. Overly rigid systems collapsed under pressure, overly loose ones risked chaos. These experiences helped shape modern command doctrines, laying the foundation for how professional militaries operate today.

The ongoing Russo-Ukrainian War offers one of the clearest modern examples of how command and control can shape military outcomes. From the early weeks of Russia's 2022 invasion, it became clear that a rigid, top-heavy command structure was undermining battlefield performance. Despite having numerical and technological advantages, Russia's centralised decision-making, limited flexibility, and weak junior leadership became major liabilities.

Orders were slow to adapt to changing conditions, and frontline commanders had little authority to adjust tactics independently. Even minor decisions required approval from higher headquarters. The immobilised 40-kilometre convoy north of Kyiv, halted by logistical confusion and poor coordination, became a symbol of this failure. Intelligence integration was weak, communication security was poor, and Ukrainian forces were able to intercept or jam Russian transmissions with ease.

Russia's reliance on micromanagement forced Senior Officers to take unnecessary risks to maintain coordination. The unusually

high number of Generals killed near the front highlighted the absence of a strong Non-Commissioned Officer (NCO) Corps, leaving a dangerous gap in tactical leadership.

In contrast, Ukraine's command model emphasises flexibility, initiative and rapid adaptation. Junior Officers and NCOs are empowered to make battlefield decisions, enabling fast responses to emerging threats. Mission-type orders, objectives were given without micromanaged instructions and allow units to operate with greater speed and autonomy. Ukrainian troops are trained to understand intent, enabling them to act decisively even when isolated or under pressure.

Throughout history, military success has hinged not just on firepower or logistics, but on leadership and on the ability to issue clear orders, adapt under pressure and trust subordinates to act. The Russo-Ukrainian conflict demonstrates that in modern war, agility in command is as important as strength in arms.

Command and control is not a background process. It is the nervous system of the military. When it fails, operations stall. In today's fast-paced battlespace, rigid hierarchies cannot keep up. Success, whether in war, peacekeeping, or disaster response, increasingly depends on decentralised execution guided by clear strategic intent.

Ultimately, effective command and control is about more than discipline or structure. It is about clarity, trust and leadership, ability to unify action, respond to change and move with purpose. These traits must be cultivated as deliberately as weapons or tactics. Thus, they remain the true foundation of military strength.

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Keido Kurberg

Let's Stand against Bullying to Uphold Humanity



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As stewards of this earth, we are fortunate to possess a flexible body structure, intelligence, and unique features bestowed upon us by nature. Although as humans we are privileged to have these attributes, each human being and their inputs are unique and their thoughts, feelings and behaviours differ from one another.

Being born as a human is easy, but living in a society is challenging. It depends on various components of life, including personality, social impacts, economic conditions, mentalities, family and subordinates, among others.

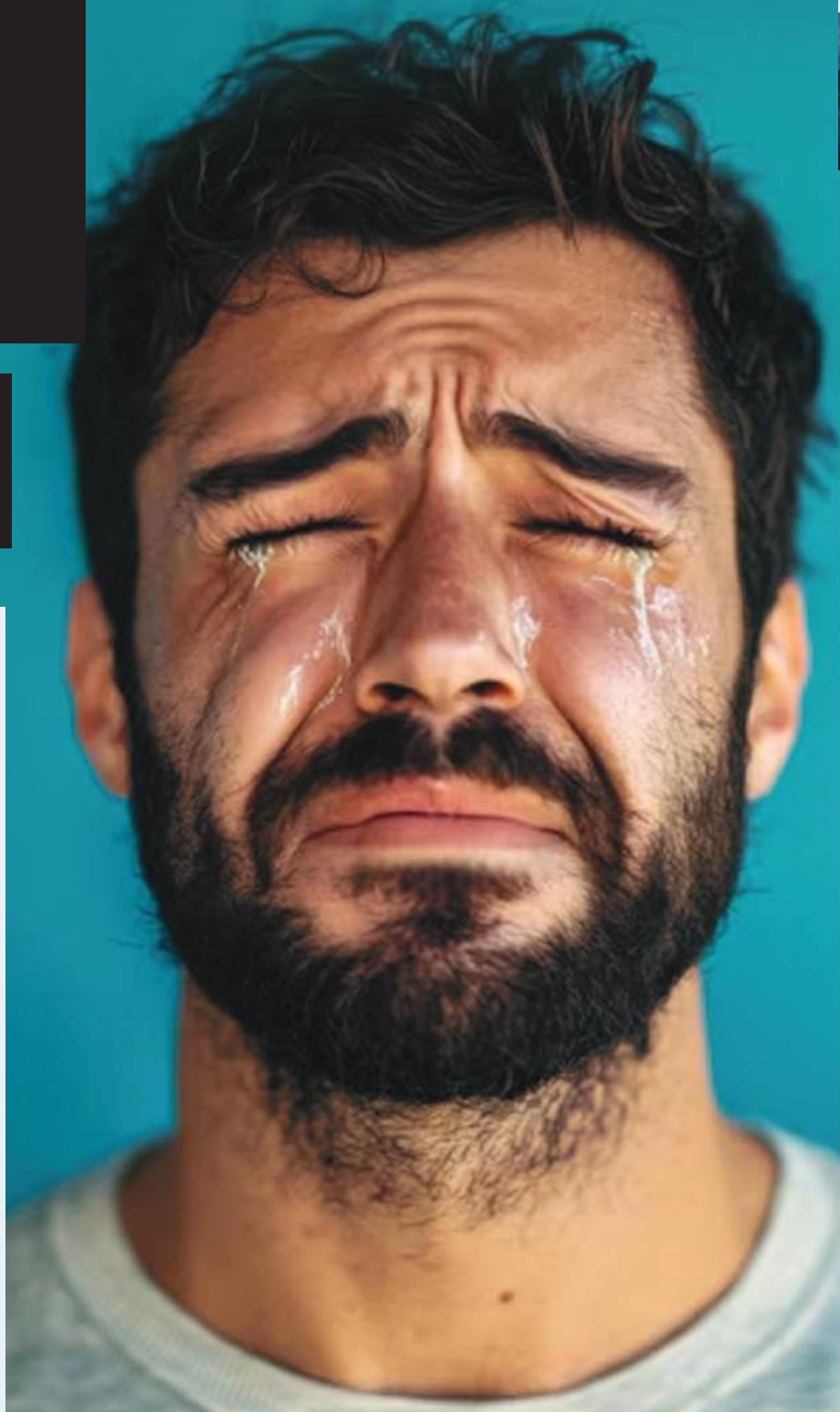
Throughout life, individuals face issues related to family, education, work, relationships, finances, sexual or romantic relationships, drug addiction, internet addiction, bullying etc. Daily reports of suicides in Sri Lanka show the severity of these issues. According to a study published in Global Public Health (<https://journals.plos.org/globalpublichealth/article?id=10.1371/journal.pgph.0003054>), the male-to-female ratio of suicide is 27 per 100,000 and 5 per 100,000, respectively.

In present-day Sri Lanka, we frequently hear about and witness a number of suicides. Most of these incidents are reported to involve methods

such as hanging, poisoning etc.

As a nation, what actions can we take to prevent such unfortunate occurrences? Before addressing prevention, we need to foresee the main reasons behind suicides in Sri Lanka.

Common reasons for suicides include mental disorders (increase the risk of suicide, especially borderline personality disorder, depression, bipolar





disorder etc.), stress with trauma (childhood trauma, including bullying, sexual abuse, separation etc.), hopelessness (repetitive negative feelings and a sense of hopelessness or pessimism), chronic illness or pain (cancer, kidney disease, HIV/AIDS), rejection (in love, school, family, friendship, employment etc.) social isolation (divorce, imprisonment, or shift to a new area: social rejection may result low self-esteem), seeking attention (as a way to convey a message to someone), abuses (experience of abuse at home, school and workplace or by parents, and subordinates) identity (identity of gender, race, sexual orientation, age etc.) While women attempt suicide more frequently than men, men tend to die by suicide at higher rates.

In the present scenario in Sri Lanka, we have heard about many unfortunate incidents of suicide due to bullying. Therefore, we need to pay immediate attention to addressing bullying and providing immediate recourse to individuals or groups who are victimised in various ways.

First, we need to identify what bullying means. The American Psychological Association (APA) defines bullying as “persistent threatening and aggressive physical behaviour or verbal abuse directed toward other people, especially those who are younger, smaller, weaker, or in some other situation of relative disadvantage”. Among many definitions, this one is both clear and straightforward.

- In the Sri Lankan context, what activities can lead to suicide? Among many reasons, the following are recognised as significant. These factors can affect individuals at any stage of life, from childhood to youth, middle age and even old age. In this article, we are focusing on childhood, young adulthood, and middle age, with the intention of discussing ageing and bullying in a separate article.

- Physical bullying: beating, smacking, scratching, slapping or pushing someone.

- Verbal bullying: unwanted joking like, name-calling, gossiping or threatening someone.

- Non-verbal abuse: use of boards, using hand signals, eye contact or sending text messages.

- Emotional abuse: enhancing stress and distress, threatening, intimidating or humiliating someone.

- Exclusion: discriminating, discarding or isolating someone.

- Undermining: endless criticism, highlighting weakness or spreading rumours.

- Controlling or manipulative behaviour.

- Making silent, hoax or abusive calls.

Where can we find them?

Bullying can occur anywhere, especially at home, school, university, the workplace, public or private transportation, virtually, on social media and in many other places.

Does Ragging come under Bullying?

Yes. This is a critical issue in the present scenario in Sri Lanka, where we have heard continuous cases of ragging that have resulted in suicides. Ragging is a subset of bullying and includes physical harassment, mental harassment, name-calling and more. These situations create stress, anxiety and distress among victims, leading to a fear that persists for a lifetime. This can be either long-term or short-term, but the result remains unchanged regardless of the severity.

Why do people tend to bully others?

- Some individuals feel the need to dominate others to enhance their social status.

- Some people with low self-esteem gain their satisfaction from such activities.

- Certain individuals have a lack of regret or inability to recognise their actions as problematic.

- Individuals who experience feelings of anger, distrust, insecurity, frustration, weakness, unfaithfulness or jealousy.

- Nurtured in environments of domestic violence or who struggle socially.

- Previous experiences of being bullied.

- Drug or substance usage.

Signs of Bullying

- A previously active person, becoming unusually secretive and quiet.

- Emotional changes; weepy or exhibiting angry outbursts.

- Changes in sleep patterns.

- Physical signs such as wounds, bruises, burns, scratches, etc.

- Avoidance of socialisation, isolation, rejection of previously enjoyed activities, and neglect of daily routines.

- Sudden headaches, shoulder pain, and mood changes over time.

How Bullying Affects

- It creates a sense of learned helplessness (hopeless because you don't know how to get out of the situation).

- Victims may feel, think and act as if they are alone, believing that no one is there to help or assist them in overcoming their challenges.

- Anxiety, confusion, stress and distress.

- Feel unsafe and may act in a state of panic.



- Feels that this only happens to them and that is their destiny.

- Feel that they have no options for moving forward (consider that extreme solutions such as suicide, etc.).

What can we do in such situations?

One - Before Bullying: We can take steps to avoid bullying or stop someone who is engaging in it, removing the person who is victimising others.

Two - During Bullying: Remove the victim from the situation or take action against the bully. Assist the victim in coping with the experience.

Three - After Bullying: Provide emotional support to the victim, strive to understand their reality and show them pathways to healing; including legal procedures and mental health practices.

Primarily, it must be remembered that no one has the right to bully others. Therefore, most states establish laws or institutions to assist victims and ensure justice. Police and mental health institutions are highly committed to overcoming such challenges with a humanistic approach.

Hence, if you encounter such an incident as an observer or a victim, be mindful and avoid coming to simple conclusions that could lead to losing your own life or someone else's. You have options, such as speaking with someone close to you and seeking legal or mental health assistance for recovery.

Common tips to keep in mind during Bullying

- Try to understand the situation.

- Never engage in unsafe physical arguments or fights.

- Be mindful of when to walk away from the situation.

- Seek available help.

- Collect evidence, but give priority to your safety.

- Try to move as a team with others.

- Avoid isolation - reach out for help from loved ones or close friends. If unable to do so, use the available helplines.

- Always give priority to your safety.

- Consider the value of your life for yourself, your family and your loved ones

- Believe in today's commitments for results both long and short term.

- If possible, write a journal (self-reflective).

- If bullying occurs in a group, never let it affect yourself as an individual.

- If you feel you can hold it no more, meet a qualified mental health practitioner or call available help lines in Sri Lanka like;

1926 -National Institute of Mental Health,

1375 – Lanka Life 0707308308 – Sri Lanka Sumithrayo, 1333-CCC which serves to the nation 24 X 7 with all three languages (Sinhala/ Tamil/ English).

Recommendations for Sri Lanka

- Create active helplines with reliability and accuracy to provide justice.

- Conduct proper investigations and secure justice for victims.

- Educate and train institutional heads on the issue of bullying.

- Ensure equality and security for individuals by implementing suitable legislation changes to prevent bullying.

- Enhance mental health awareness within communities through both long-term and short-term plans.

- Conduct research and case studies on bullying to understand its patterns and effective services.

- Utilise media to socialise the effects, of bullying and its consequences ,relevant laws and implications.

- Enhance government intervention to eradicate bullying through rewards, recognition and appropriate punishments.

- Respect the privacy of victims (adhere to proper media policies).

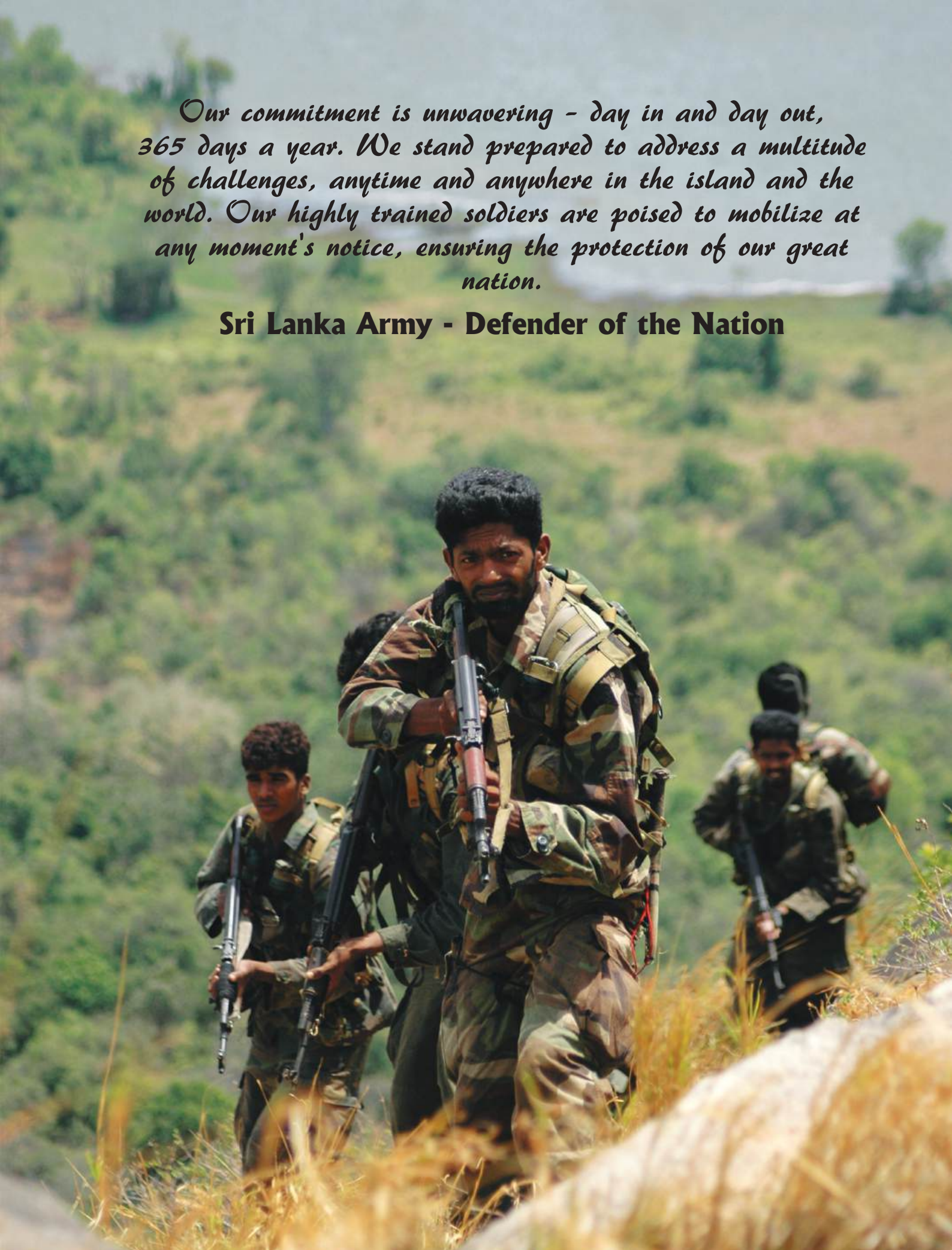
Finally,

No one has the right to hurt others and have enjoyment from such actions under any circumstance. The barbaric and uncivilised activities of this nature in modern society, cannot be accepted at any cost. As responsible citizens, we must fight against these types of activities, that is our right to do so. If you witness someone bullying another person on a bus, in an office, in a classroom, at a university, at home, in a playground, in a market or anywhere else, staying silent, only encourages such behaviour. In such situations, if you are unable to help those individuals directly, you can assist them indirectly by calling a helpline, informing the relevant authorities or gathering a crowd to stop it in the name of humanity.

Let us unite to stand against these inhumane activities as responsible citizens and work to save innocent lives.

Our commitment is unwavering - day in and day out, 365 days a year. We stand prepared to address a multitude of challenges, anytime and anywhere in the island and the world. Our highly trained soldiers are poised to mobilize at any moment's notice, ensuring the protection of our great nation.

Sri Lanka Army - Defender of the Nation





In 1968, Singapore's then Prime Minister, Lee Kuan Yew, launched the "Keep Singapore Clean" campaign, which provided an effective solution to the country's severe waste management challenges and poor living conditions. The nation's success in this endeavour was driven by widespread public awareness campaigns, to enforcement of strict government regulations, the introduction of efficient waste disposal systems while improving the self-discipline of citizens. These combined efforts converted Singapore towards sustainability ultimately transforming itself into one of the cleanest countries in the world.

Army Contribution for "Clean Sri Lanka"

Accordingly, aiming at fostering a clean physical environment while strengthening moral values, the "Clean Sri Lanka" National Project was inaugurated on 01 January 2025, in line with the vision of His Excellency the President Anura Kumara Dissanayake. The Sri Lanka Army, under the leadership of Lasantha Rodrigo RSP ctf-ndu psc IG, Commander of the Army, together with its troops is contributing for the project, practically achieving the objectives

of this island-wide initiative. As part of this effort, conceptual projects and awareness programmes have already commenced across the country under the Army's direction.

➤ Nationwide School Renovation Programmes.

Within the framework of the "Clean Sri Lanka" initiative, the Sri Lanka Army has successfully completed the renovation of 502 schools. This project ran in parallel with the larger Government initiative to



renovate 1,000 selected schools, launched on 20 February 2025. The objective aimed to improve educational infrastructure and create a conducive learning environment for schoolchildren island-wide. The Army's work included repairing over 5,500 damaged desks and chairs, restoring deteriorated roofs, painting and renovating approximately 300 school buildings. These efforts have significantly enhanced the physical and learning environment in the beneficiary schools.

➤ **Anuradhapura Railway Station Restoration and Cleaning.**

From 26 to 30 March 2025, Army troops undertook a comprehensive restoration and cleaning programme at the Anuradhapura Railway Station, with the active participation of the Sri Lanka Air Force personnel and Sri Lanka Railways officials. The

five-day programme aimed to restore the station to a clean, orderly and passenger-friendly condition.

➤ **Renovation of Nilwala Riverbank.**

The Sri Lanka Army initiated cleaning Nilwala Riverbank in Akuressa under the "Save Nilwala" project launched on 13 March 2025. As per the instructions of the Commander of the Army, a month-long cleaning programme was launched on Nilwala Riverbank from 01 April to 01 May 2025. As a result of this cleaning work carried out by Army teams on a daily basis, approximately 850 metres of the riverbank on both sides of the river had been cleaned by 07 April 2025.

➤ **Coastal Cleaning at Thiriyaya Beach.**

As part of its ongoing efforts to protect Sri Lanka's natural

environment, the Sri Lanka Army has launched a massive project to plant 2,000 casuarina saplings along the Thiriyaya coastline. The first phase of the project began on 04 May 2025, with the planting of 500 casuarina trees along the Thiriyaya coastline, which is considered to be highly vulnerable to coastal erosion and environmental damage. This will help protect the coastline and preserve the biodiversity of the area by preventing erosion of the sandy soil in the area and acting as a barrier to strong winds blowing towards the land.

➤ **Two-Day Island-Wide Clean-Up Campaign.**

In support of the "Clean Sri Lanka" programme, the Sri Lanka Army organised a two-day nationwide clean-up within its camps and surrounding areas under the themes of social, moral and environmental responsibility. The programme aimed to maintain physical cleanliness, promote orderliness and cultivate a positive mindset among troops. The activities included waste management, water conservation, mosquito control measures and infrastructural improvements in line with the 5S concept for organisational efficiency. Troops were also educated on the importance of maintaining well-organised camp premises to support a more systematic public service.

➤ **Housing Project for Landslide-Displaced Families in Bandarawela – Poonagala.**

Demonstrating its commitment to social welfare, the Sri Lanka Army is also supporting a housing

construction project for 50 families displaced by a landslide in Poonagala, Bandarawela two years ago. The initiative, supervised by the Ministry of Plantation and Rural Infrastructure Facilities, is being implemented with the engineering expertise and manpower of the Engineer Services Regiment of the Sri Lanka Army. The project aims to provide permanent, safe housing and enhance the quality of life for affected families, thereby contributing to community empowerment. Construction is currently in progress and is scheduled for completion by November 2025.

➤ **Islandwide Beach Cleanup Programme.**

Under the theme "A Clean Beach - An Attractive Tourist Destination", a beach cleanup programme was held covering 253 selected beaches in 14 districts across 05 provinces of Sri Lanka. Over 20,000

members of the Security Forces and environmentalists from local and abroad participated in the cleanup, with the participation of over 10,000 military personnel.

This project resulted in cleaning a 1340km of coastline around the island, covering the coastal areas of Vellamkulam, Jaffna, Chundikulam, Kokilai, Kumana, Kudawella and Puttalam along with the collection

of approximately 29,844kg of plastic bottles, 6641kg of high-density polythene, 3992kg of plastic packaging, 2735kg of metal cans, 1767kg of glass, 9057kg of rubber, 147kg of medical waste, 300kg of electronic waste and 30,014kg of other waste. Approximately 100 tons of garbage have been systematically classified and directed to garbage disposal yards.

The inauguration of this programme was held with the direct cooperation of the Presidential Secretariat on 29 July 2025 under the patronage of the Commander of the Army at the Mattakkuliya, Crow Island.

Accordingly, this is another mission of the War Heroes who "give their fullest to protect the motherland" for the sake of "A prosperous country, a beautiful life" which is being implemented under the guidance of the Commander of the Army on the instructions of the HE the President.



Written by Capt HGT
Bawanthi
Translated by KVN
Lakmali SLAGSC
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Simple Guide to the KonMari Method

The KonMari Method was developed by Japanese organising consultant Marie Kondo, is now a globally popular approach to decluttering and tidying up. More than a cleaning routine, it is a philosophy of living that emphasises mindfulness, gratitude and joy. At its core, the method included the simple steps as follows:

Tidying by Category

Instead of tidying room by room, which can scatter belongings and hide the true quantity of items, the process focuses on gathering everything of one type together, such as clothes, books, papers, miscellaneous items (komono) and sentimental objects. This allows individuals to see the full extent of their belongings and make clearer decisions. A distinctive feature of the KonMari method is that items are sorted by category rather than by location.

The Right Order

Another unique aspect is the order of decluttering. Decluttering follows a set sequence as,

1. Clothes
2. Books
3. Papers
4. Komono (miscellaneous items)
5. Sentimental items

This progression helps build confidence and decision-making skills.

Vertical Folding & Storage

One of the most unique features of the method is the vertical folding technique. Clothes are folded into small rectangles and stored upright rather than stacked. This way, every item is clearly visible at a glance, making it easier to choose what to wear and preventing clothes from being forgotten at the bottom of a pile. The method also saves significant space and keeps drawers neatly organised.

Does It Spark Joy?

The method also highlights the importance of thanking possessions before discarding them, by showing gratitude for the role an item has played. Each item is evaluated based on whether it brings joy. If not, it should be thanked and let go.



Commitment to Tidying

Another principle of the KonMari method is that tidying should be done thoroughly and within a short span of time. Instead of cleaning little by little, which often leads to relapse into clutter, the process is meant to be a one-time event that transforms the entire space. This commitment creates a fresh start and instills a sense of accomplishment that encourages people to maintain the order they have created.



Expressing Gratitude

The KonMari method also encourages people to pause and thank their belongings before letting them go. Instead of simply discarding possessions, one reflects on the role each item played in life, whether it was offering comfort, teaching a lesson, or serving its purpose for a time. This practice nurtures appreciation and allows the individual to part with things respectfully, without guilt or regret.

Mindful Ownership

At its heart, the KonMari method is not about strict minimalism, but about surrounding yourself only with things that truly matter. The focus is on keeping items that bring joy, meaning, or usefulness, rather than holding on to clutter out of habit. This mindful approach to ownership cultivates a deeper connection with one's possessions, leading to a more intentional and fulfilling lifestyle.





Sri Lanka Sinha Regiment's Award-Winning Eco-Friendly Community Library

This feature leads you to an extraordinary place where knowledge, craftsmanship and artistry are lovingly preserved for generations yet to come. Here, amidst a sanctuary of wisdom and natural beauty, you may find yourself inspired to explore, to learn and perhaps to leave your own mark in the tapestry of its legacy.

Symbolising the Sri Lanka Army's role not only as the defender of the nation but also as a guardian of its future, the Sri Lanka Sinha Regiment constructed an eco-friendly community-based library using environmentally sustainable methods, artistic architectural techniques and modern design skills.

On 01 September 2015, this remarkable facility won the Silver Award at the 4th International Eco-Friendly Construction Competition organised by the Holcim Foundation in Switzerland. Competing against 6,000 entries from 152 countries, Sri Lanka claimed second place globally, surpassing the United States, while Colombia secured first place. This moment brought immense pride to the nation and marked a significant international recognition for the Sri Lanka Sinha Regiment's history.

The award ceremony was attended by Major General Boniface Perera (Retd) the then Colonel Commandant of the



Sri Lanka Sinha Regiment, along with senior officials from the Holcim Foundation, members of the global jury, representatives from international and local media and prominent architects, including Milinda Pathirana and Ganga Ratnayake, both of whom were directly involved in the project. At the event, the entire workforce that contributed to the construction of the library complex was also presented with certificates of achievement. Located at the Ambepussa Sinha Regiment Headquarters, this library is far more than just another military camp structure. Surrounded by a serene environment shaped by the hands of War Heroes, it stands out among other Army establishments for its unique physical setting and systematic design.

A distinctive feature of the facility is its botanical research room, housing detailed profiles of plant species found in diverse environmental conditions across the island, preserved alongside botanical analyses. Additionally, dedicated sections provide knowledge on insects, birds, reptiles and various seed varieties, enabling both school children and adults to gain valuable practical knowledge.

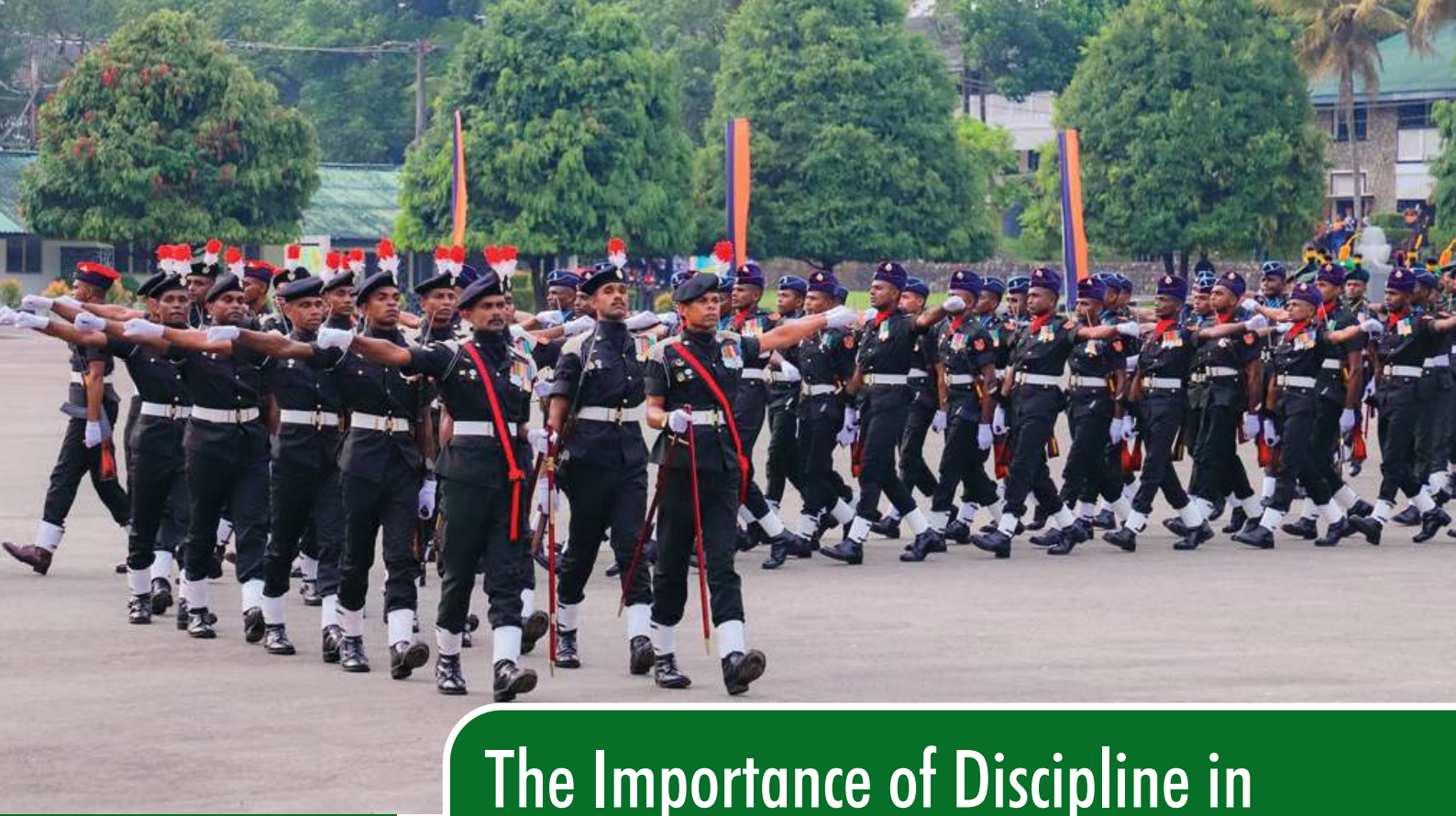
Initially built for members of the Sri Lanka Sinha Regiment, the library was later opened to their children. Over time, with steady development, its services were extended to civilian residents and school children in the Ambepussa area. Today, recognised internationally, the library is open to all Sri Lanka Army units as well as school and university students from other regions, offering every visitor a refreshing and enriching experience.

“ Out of 6,000 competitors from 152 countries who presented their innovative projects, Sri Lanka secured an impressive second place, surpassing the United States, while Colombia claimed the first place. This remarkable achievement not only brought pride to the nation but also earned international recognition for the Sri Lanka Sinha Regiment, marking a proud chapter in its history. ”

Nestled beneath the shade of trees and cooled by mountain breezes, this eco-friendly, soldier-built community library has become a fountain of knowledge and a true asset to the nation. In an era when the country needs an enlightened and capable generation to shape the future, this library, situated in the heart of the Sri Lanka Sinha Regiment, stands as a cradle of intellect. Constantly evolving with new technologies and fresh ideas, it continues to deliver quality and meaningful resources to readers and visitors alike, forging connections with the world while remaining deeply rooted in Sri Lanka's cultural and environmental heritage.



Written by Lt Col Sujith Chaminda Edirisinghe
Translated by KVN Lakmali SLAGSC
Army Headquarters



Discipline

is the cornerstone of any military organisation as well as in the Sri Lanka Army. It holds significance in various aspects for men in military. The efficiency, professionalism and integrity of the forces are directly linked to the level of discipline upheld by its members. Whether on the battlefield, in training, or while representing the military in civil society, discipline ensures order, cohesion and respect for authority. Without it, even the best-trained Army risks collapsing under the weight of disobedience and chaos.

The Importance of Discipline in the Sri Lanka Army

What is Discipline?

Discipline refers to the practice of training people to obey rules or a code of behaviour, using punishment to correct disobedience. In a broader sense, it involves self-control, respect for rules and a commitment to duty. It is the quality that ensures how a person behaves in a responsible, controlled and ethical manner, even in the absence of supervision.

In everyday life, discipline assists someone to become a better individual with purpose and order. In military life, however, it becomes far more critical as it has inevitably become the matter of life and death, success and failure, victory and defeat.

What is Military Discipline?

Military discipline is the strict and precise observance of rules, orders and customs that define military life. It is not simply about following commands but involves internalising a sense of responsibility, loyalty, punctuality and professionalism. For a soldier in the Sri Lanka Army, military discipline is a binding force that transforms a group of individuals into a unified, operational force capable of undertaking any task under the most challenging conditions.

Military discipline creates reliability. A disciplined soldier reacts instinctively in line with training, even under fire. It ensures that orders are followed without hesitation, formations are maintained and missions are executed effectively and safely.

Key Areas of Discipline in the Army.

Several key areas reflect the importance of discipline in the military forces:

Obedience to Orders.

Every soldier is expected to execute lawful orders promptly and accurately. Disobedience or delay can compromise entire operations and endanger lives.

Punctuality.

Time management is a sacred principle in the Army. Arriving late, even by seconds, can lead to operational failure. Discipline ensures that timelines are strictly maintained.

Personal Conduct and Attire.

Soldiers must maintain a high standard of personal grooming, wear the uniform, badges, colour bars correctly and conduct themselves with dignity, whether on duty or in public. This promotes the Army's professional image and instills self-respect.

Training and Physical Fitness.

Regular training and physical readiness are vital to operational success. Daily physical trainings, meditation or yoga practices shapes the discipline of the forces. Disciplined soldiers understand the importance of staying mentally and physically fit.

Respect for Superiors and Comrades.

Discipline fosters mutual respect. A soldier must respect rank and seniority while also supporting their fellow soldiers, creating a strong sense of unity and trust.

Effective use of Equipment and Resources.

Military resources must be used responsibly. Discipline ensures weapons, vehicles and other equipment are handled safely, maintained properly and never misused.



Chain of Command and Its Role in Discipline.

The Chain of Command is the formal line of authority within the military. It dictates how orders flow from the top leadership down to the lowest-ranking personnel. In the Army, respecting and adhering to the chain of command is a critical component of military discipline.

This hierarchy provides structure, clarity and accountability. Every soldier knows who they report to and who reports to them. It prevents confusion and disorder, especially during complex operations. Violating the chain of command undermines authority, erodes discipline and can result in severe consequences.

Respecting the chain of command means not only obeying direct orders but also trusting that decisions made by superiors serve the best interest of the mission and the nation.

Military Protocol and Etiquette.

Discipline in the Army is also reflected in protocol and etiquette i.e the set of customs, courtesies and formalities observed in military life. This mainly includes:

- Saluting superiors and national symbols.
- Addressing Officers and NCOs properly.
- Following ceremonial traditions and customs.
- Respecting flags, ranks and military decorum.

Military protocol helps maintain order, demonstrate respect and preserve the dignity of the uniform and the institution it represents. In peacetime or in conflict, these traditions reinforce the identity and unity of the Sri Lanka Army.

Conclusion.

Discipline is not merely a requirement. It is the pulse of any Army. It ensures that every soldier, regardless of rank or role, upholds the values of loyalty, integrity, courage and duty. Through discipline, the Army maintains its structure, earns public respect and achieves mission success. In addition, the discipline in the military builds unity, sharpens focus, ensures obedience, boost morale and courage, strengthens resilience and ultimately transforms preparation into battlefield victory. Thus, for an institution entrusted with the safety and sovereignty of the nation, discipline is essential.

■ Captain K V N Lakmali



Good health is not something that happens by chance. It is built and maintained through consistent and mindful habits. These habits simply require commitment and a willingness to make an attempt to make a meaningful change in daily life. Here are 10 practical habits, each with a short description to help you practice them effectively.

Everyday Habits for *Good Health*

1. Hydration.

Drinking a glass of water soon after waking up rehydrates your body, kick-starts your metabolism and flushes out toxins. Keep a bottle or glass of water beside your bed and drink it before you check your phone or start your morning routine.



2. Balanced Meals.

A balanced diet provides the right mix of carbohydrates, proteins, fats, vitamins and minerals for your body's needs. Fill half your plate with vegetables and fruits, one-quarter with lean protein (fish, chicken, beans) and the rest with whole grains. Limit processed foods and sugary drinks.

3. Stay Physically Active.

Regular movement strengthens your muscles, improves circulation and keeps your weight in check. Aim for at least 30 minutes of exercise daily such as brisk walking, jogging, yoga or any activity you enjoy. Use stairs instead of elevators when possible.



4. Prioritise Sleep.

Quality sleep restores the body, boosts immunity and improves mood and focus. Maintain a consistent bedtime, avoid screens at least 30 minutes before sleeping and create a calm, dark and quiet environment.

5. Manage Stress.

Stress is the body's response to pressure, challenges or threats. If unmanaged, stress, can affect both mental and physical health. Practice deep breathing, meditation or journaling. Schedule small breaks during work and spend time on hobbies or with loved ones to recharge.

6. Practice Good Hygiene.

Simple hygiene habits help prevent infections and maintain overall health. Wash hands before meals and after using the restroom, brush teeth twice daily and bathe regularly. Keep personal spaces clean and organised.



7. Limit Salt and Sugar.

Excess salt can lead to high blood pressure, while too much sugar increases the risk of diabetes and obesity. Read food labels, avoid excessive processed snacks, and replace sugary desserts with fresh fruits. Use herbs and spices instead of extra salt for flavour.

8. Maintain Healthy Relationships.

Emotional well-being is closely tied to physical health, and strong social connections can reduce stress. Spend time with family and friends, communicate openly and be supportive of others. Avoid toxic relationships that drain your energy.

9. Avoid Harmful Substances.

Smoking, excessive alcohol and recreational drugs harm organs, weaken immunity and shorten lifespan. Quit smoking with the help of counseling or support groups. If you drink alcohol, keep it moderate, no more than one drink a day for women, two for men.

10. Get Regular Health Check-ups.

Prevention is always better than cure. Thus taking the preventive measures helps detect potential issues before they become serious. Schedule yearly medical, dental, and vision check-ups. Monitor key health numbers such as blood pressure, cholesterol and blood sugar.

Good health is built through daily actions. These 10 habits are easy to adopt, cost little and provide lifelong benefits. By practicing them consistently, you not only prevent illness but also enjoy greater energy, focus, and happiness in everyday life. Start small, stay consistent, and remember, your health is your greatest asset.

■ Captain K V N Lakmali

Charity Palmcard

We are always dedicated to serve anywhere on the planet..!

1. A Lecture on Non-Communicable Diseases



A lecture on 'Reducing Non-Communicable Diseases' was held at the Army Physical Training School Indoor Stadium, Panagoda on 09 July 2025.

2. An Awareness Workshop for Security Personnel



14 CBRNE Response Regiment conducted a bomb and CBRN (Chemical, Biological, Radiological and Nuclear) workshop on 29 July 2025 for the residential security staff of the One Galle Face Residence, Colombo.

3. An Almsgiving Programme



The 51 Infantry Division conducted an almsgiving programme on 27 July 2025 at Mother Teresa Elders' Home in Irupalai, St. Lucas Methodist Elders' Home in Puttur, and Udaya Surian Pre-School in Selvapuram, Urumpirai.

4. Dengue Prevention Campaign



Troops of the 54 Infantry Division conducted a Dengue Prevention Programme on 09 July 2025, in line with the "Clean Sri Lanka" initiative, in the 541, 542 and 543 Infantry Brigades. The programme covered 100 selected schools in the area.

5. New House for a Needy Family



The troops of the 51 Infantry Division constructed a new house for a needy family and vested it to the beneficiary on 07 July 2025 at Madagal, Kopay.

6. Blood Donation Campaign



The 6th Regiment of the Sri Lanka Armoured Corps (Rft), organised a blood donation programme on 08 July 2025 in Morawewa.



7. New House from 10 (V) Engineer Services Regiment



The troops of the 10 (V) Engineer Services Regiment constructed and handed over a new house to a needy family in Sella Kataragama on 10 July 2025.

8 Blood Donation Campaign



Troops of the 12 Infantry Division voluntarily donated blood during a campaign held at the District General Hospital Hambantota on 05 July 2025.

Yoga Asanas for Heart Health

The heart is one of the most vital organs of the body, and keeping it healthy requires a balance of exercise, diet, and stress management. Yoga is an excellent way to support cardiovascular wellness as it combines physical movement with breathing and relaxation. Below are eight yoga asanas that are especially effective for improving heart health, along with simple guidance on how to practice each one.

1. Tadasana (Mountain Pose)

Benefits: Improves posture, enhances breathing capacity, and regulates blood circulation.

How to Do:

Stand straight with feet together and arms by your sides. Inhale deeply and raise your arms overhead. Stretch your whole body upward, lifting your heels slightly. Hold for 10–15 seconds while breathing normally, then relax.



2. Vrikshasana (Tree Pose)

Benefits: Enhances balance, calms the mind, and promotes emotional stability.

How to Do:

Stand upright and shift your weight onto the left foot. Place the right foot on the inner thigh of the left leg. Join your palms together in front of your chest. Hold for 20–30 seconds, breathing steadily. Switch sides and repeat.



3. Trikonasana (Triangle Pose)

Benefits: Stretches chest and lungs, improves oxygen flow, and strengthens the heart.

How to Do:

Stand with feet apart (about 3 feet). Extend arms sideways in line with shoulders. Bend to the right side, touching your right hand to the ankle or shin. Raise the left arm upward, gaze toward it. Hold for 20 seconds, then repeat on the other side.



4. Bhujangasana (Cobra Pose)

Benefits: Opens the chest, improves blood circulation, and relieves stress.

How to Do:

Lie on your stomach with palms beside your chest. Inhale and slowly lift your chest while keeping elbows bent. Stretch your upper body without straining the lower back. Hold for 15–20 seconds, then exhale and return.



5. Setu Bandhasana (Bridge Pose)

Benefits: Strengthens chest muscles, relaxes the heart, and enhances blood flow.

How to Do:

Lie on your back with knees bent and feet hip-width apart. Place arms beside your body with palms down. Inhale and lift your hips upward. Hold the position for 15–20 seconds. Slowly lower your hips back down.



COMIC CORNER



Sudoku Puzzle QUESTION

How to Play

Fill in the blank squares, using 1 to 9 without repeating any number within the row, column or square.

				3			9
5		7	4				
2			9				3
6					8		5
				5	1		
	4						6
7							
4	8		2	1			
			7		4	2	1

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Ranaviru Apparel – Synonym for Soldiers’ Loom of Courage



Ranaviru Apparel, Yakkala is the home of master tailors of the Sri Lanka Army. From hands that once wielded arms now flow intricate designs of elegance, carrying a legacy of service. Their contribution to the Sri Lanka Army and to the nation at large, is immeasurable.

For decades, these skilled craftsmen have fulfilled the Army’s uniform and tailoring needs, saving the institution vast sums once spent beyond its ranks, shaping soldiers smart bearing and style. Their mastery knows no bounds. Ranaviru Apparel is the reintegration of differently-abled War Heroes into the production. Through vocational training, they are offered not only a renewed sense of purpose, but also the means to enrich their personal lives.

This edition of Bellator dedicates its back cover to these valiant “warrior tailors”.

